



PHLEBECTOMY POST OPERATIVE INSTRUCTIONS

** When home, keep your leg elevated when sitting.

** **Day of Surgery:** Resume normal activities except as mentioned below

- **Activity:** You should be up walking hourly during the day for the first 5 days following the procedure.
- **Riding in a car:** On long rides, get out and walk hourly.
- **Driving a car:** It is ok to drive except when taking the prescribed medicine Lortab (hydrocodone) as it is a narcotic.
- **Bathing:** Sponge bath only - no shower until after compression hose and dressing is removed at the initial follow-up visit.
- **Return to work/school:** When able.
- **Active sports or aerobics exercise:** Not for one week.
- **Lifting/devices/precautions:** None
- **Sexual activity:** Whenever comfortable.

** **Diet:** Resume normal diet.

** Medication(s):	Dose	Time	Instructions
<input type="checkbox"/> Tylenol	2 tabs	Every 4 hours	As needed for pain
<input type="checkbox"/> Ibuprofen	800 mg	3 times a day	Take with food for 10 days
<input type="checkbox"/> Lortab (hydrocodone)	7.5 mg	Every 4-6 hours	As needed for pain

** **Special Instructions:**

- Wear compression hose and dressing continuously until initial follow-up visit, then during the day for two weeks.
- Significant bruising of your legs may occur.
- The steri-strips (brown bandaids) over the incision sites need to remain in place for 7 days, after that you can either let them fall off on their own or you can remove them in the shower. It is OK if they fall off before the 7th day.
- Call the office at (406) 237-8346 or after hours at (406) 697-7714 if you have any questions or problems.

** **Follow-up appointment:**

- You need to be seen in the office within 3 days of the procedure, then 3 weeks after that for follow up with the doctor.

Appointment date/time _____

Physician/Nurse _____