



POST-OPERATIVE INSTRUCTIONS

For Laser and/or Phlebectomy

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 the Car:** On long ride, get out and walk every hour for at least 5 minutes.
- **Driving a Car:** It is ok to drive, except when taking Lortab. Lortab 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.
- **Lifting/devices/precautions:** None.
- **Sexual activity:** Whenever comfortable.
- **Diet:** Resume normal diet.
- **At home:** Keep your leg elevated when sitting.
- **Ice:** Treated leg can be iced twice a day for no greater than 15 minutes

Medications:	<u>Dose</u>	<u>Time</u>	<u>Instructions</u>
❖ Ibuprofen	800 mg	3 times a day	Take with food for 2 weeks
❖ Tylenol	1-2 tabs	Every 4-6 hours	As needed for pain
❖ Lortab(Hydrocodone)	7.5 mg	Every 4-6 hours	As needed for pain

--Avoid using Tylenol when taking Lortab.

Special Instructions:

- Wear compression hose and dressing continuously until initial follow-up visit, then during the day for two weeks.
- Significant bruising of you legs may occur.
- The steri-strips (brown Band-Aids) over the incision sites need to remain in place for 7 days, after then 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 in 4 weeks for a follow up with the doctor.

Always bring your compression hose to your appointments.