



# I Just Had Phlebectomies....

If you have any questions or concerns at any time,  
please call **360-676-1225**

<b>DAY 1</b>	<p><b>Today I had my surgery.</b> I need to:</p> <ul style="list-style-type: none"><li>✓ Leave my stockings &amp; wraps on until I go to my post-op appt.</li><li>✓ Take my prescription pain medication &amp;/or Ibuprofen as directed.</li><li>✓ Stay off my feet the rest of today and elevate them. Limit activity to getting up for meals or bathroom.</li></ul>
<b>DAY 2</b>	<ul style="list-style-type: none"><li>✓ Keep my legs wrapped until my post-op appt. I should not be showering.</li><li>✓ My activity level should still be limited to mostly staying down with feet elevated.</li><li>✓ Pain medications should be used as directed.</li></ul>
<b>DAY 3</b>	<ul style="list-style-type: none"><li>✓ I still need to stay down most of the time with feet elevated and stick to just short walks around the house.</li><li>✓ I should have a post-op appointment today or tomorrow. I should bring any questions I have.</li><li>✓ After I get unwrapped at this appointment I will be able to take a shower.</li></ul>

<p><b>DAY 4</b></p>	<ul style="list-style-type: none"><li>✓ After my post-op appointment I only need stockings during the day and can take them off at bedtime.</li><li>✓ After my post-op appointment I can take a shower.</li><li>✓ I can expect to be sore (up to a few weeks) with some bruising. I might feel hard lumps or a tight/pulling feeling. I can increase my walking inside, but if I overexert, the soreness will increase and my healing will take longer. I need to sit down if I am feeling sore and listen to my body so I know when to quit.</li></ul>
<p><b>DAYS 5-7</b></p>	<ul style="list-style-type: none"><li>✓ Stockings on in morning and off at bedtime.</li><li>✓ I can shower daily. (No baths until second week.)</li><li>✓ Limited activity, gradually increasing as tolerated and not overdoing it.</li><li>✓ I can expect to be pretty sore (for a couple weeks), but should slowly improve.</li><li>✓ My post-op instructions have detailed information on common problems and when to call.</li></ul>

<p>2<sup>nd</sup> WEEK</p>	<ul style="list-style-type: none"><li>✓ I should continue wearing the stockings this week.</li><li>✓ I can now take a bath, go in a pool or in a hot tub.</li><li>✓ Soreness could continue for a couple weeks, but should slowly improve.</li><li>✓ My post-op instructions have detailed information on common problems and when to call.</li></ul>
<p>3-6 WEEKS</p>	<ul style="list-style-type: none"><li>✓ I need to make sure I do not travel long distances or go on flights for at least 3 weeks from date of procedure. Dr. Taylor will need to see me before I go.</li><li>✓ I need to wait about 6 weeks from date of procedure to do strenuous exercise, unless Dr. Taylor gives me clearance sooner. I will need to check.</li></ul>