



4540 Cordata Parkway Suite 201, Bellingham, WA 98226

I Just Had Phlebectomies....

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

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

<p>DAY 4</p>	<ul style="list-style-type: none">✓ After my post-op appointment I only need stockings during the day and can take them off at bedtime.✓ After my post-op appointment I can take a shower.✓ 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.
<p>DAYS 5-7</p>	<ul style="list-style-type: none">✓ Stockings on in morning and off at bedtime.✓ I can shower daily. (No baths until second week.)✓ Limited activity, gradually increasing as tolerated and not overdoing it.✓ I can expect to be pretty sore (for a couple weeks), but should slowly improve.✓ My post-op instructions have detailed information on common problems and when to call.

<p>2nd WEEK</p>	<ul style="list-style-type: none">✓ I should continue wearing the stockings this week.✓ I can now take a bath, go in a pool or in a hot tub.✓ Soreness could continue for a couple weeks, but should slowly improve.✓ My post-op instructions have detailed information on common problems and when to call.
<p>3-6 WEEKS</p>	<ul style="list-style-type: none">✓ 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.✓ 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.