



**JEFFERSON
CARDIOLOGY
ASSOCIATION**

EXPERIENCE, INNOVATION & COMPASSION
SOUTHERN (SOUTH HILLS) PITTSBURGH AREA

Alan Bramowitz, MD | Peter M. Lemis, MD | Michael S. Nathanson, MD | Gennady Geskin, MD

Post Operative Instructions (Phlebectomy)

1. On the day of surgery it is important to start gentle walking. Elevate your leg while in the sitting position. Get up about every hour and walk at least five minutes during the day.
2. Wear the stocking (or ace wrap) with the bandages for 24 hours. You may remove the bandages on the following day. You may remove the compression hose to sleep after the first 24 hours.
3. When you remove the bandage, you may then take a shower. Put the compression stockings on and wear them when you are up and around. You do NOT have to sleep in the compression stockings after the first night.
4. Wear the compression stockings for 2 weeks.
5. Take 400-800 milligrams of Ibuprofen 3 times a day with meals.
6. If you are prescribed antibiotics, take them as directed until they are gone.
7. Be sure to return to your scheduled appointment.

A small amount of oozing is normal. If you feel the dressings need changed, please give us a call at 412-469-1500.

Wait at least one week before resuming exercising other than your daily walking.

Wait at least 2 weeks before getting into a hot-tub, spa or pool.

If you have ANY questions or concerns, please feel free to call the office. Dr. Geskin, Jennifer Wicks, CRNP, and/or our assistants are always available.

(Revised 11/10)