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General and Vascular Surgery

Discharge Instructions following the MICROPHLEBECTOMY procedure

1. You may eat and drink as you desire. If you have some nausea following the procedure, start with liquids and bland foods, and then progress to regular food as your nausea resolves.
2. Should you have some mild discomfort, you may take Tylenol as needed.
3. The ACE wrap around your thigh/calf should remain in place for 24 hours. It should be snug, but not too tight. If the ACE wrap feels too tight, remove it and re-apply it starting at the knee and working your way toward the incision. You may remove the ACE and leave it off the day after your procedure. Leave the STERI STRIPS on. You may shower over them.
4. You may shower the first day after your procedure, but avoid tub baths or swimming pools until the wounds are healed.

******* REMEMBER STOCKINGS ARE A MAINSTAY**, you continue wearing them even after surgery.

5. You may be up and walking once you have been released from the hospital. You may ascend and descend stairs. Avoid sitting or standing in one position for prolonged periods of time.
6. You may resume your regular medications:
 - a.) If you take a daily aspirin, you may resume this on the second (2nd) day after your procedure.
 - b.) If you take Coumadin, clarify with us when you should resume this.
7. It is unlikely that you will have any bleeding from your wound(s) site. If you were to experience any bleeding, apply firm pressure over the wound(s) site for 20 minutes with a clean towel. This should stop the bleeding.
8. Call our office should you have any of the following problems; such as, fever >101.5, severe pain, abrupt swelling of the leg that has been treated, or persistent drainage from the wound(s) site.
9. It is likely that you will have some bruising of your thigh/calf – this will resolve with time.
10. Please be advised to use complete Sun block on scars for two (2) years following your surgery.

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Wellness Center

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