



IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

Greater/Small Vein Ablation Surgical Patient/Microphlebectomy

What to Expect After Surgery

- Some fluid may discharge from leg (the day of surgery).
- Some Bruising.
- Some thigh tenderness.
- Normal to develop hard knots around incision.
- Can feel a tightening or “ropey sensation” in your leg, for up to 4-6 weeks after surgery.
- You may have a “follow-up” duplex ultrasound scheduled post procedures to check progress of your condition.

Surgical Site Care Instructions

- Leave bandages /stockings on for 24 hrs after surgery – then remove both.
- You may shower 24 hrs after surgery (and bandages/stockings have been removed). Incision(s) can be washed with soap and water.
- Wear your compression stockings (only during the day) for 1 week. For phlebectomy patients, wear you compression stockings for 2-3 days post-procedure.

Pain Mgmt After Surgery

- A patient’s pain is generally managed with over-the-counter pain medications. Medication such as ibuprofen (Advil™/Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.
- Elevation of your leg may be helpful to reduce pain and swelling.

Other Helpful Information

- Please do not drive the day of your surgery if you took the Valium prescription.
- Encouraged to be up doing normal activity. Do not stand for extended periods of time for the first 24 hours after surgery. Avoid strenuous activity /exercise for 24 hours after injection session. Then proceed with activities as tolerated.
- When stockings are removed, wash and allow to dry overnight.
- Avoid hot tubs, hot baths or hot showers for 7 days following surgery.
- If air or care travel is necessary please follow specific instructions on “Air/Car travel restrictions”.

When to Contact Our Office

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Have a sudden or large amount of drainage from incision.
- Have a sudden increase in pain.
- Have a numb feeling in your foot or toes.
- Our providers may be contacted 24 hours a day by calling (417)882-2349.

***Please return to our office on _____.**