
Ambulatory Microphlebectomy Postoperative Instructions

Next few days

Avoid prolonged standing or sitting with your legs down over the next several days. Walking is encouraged beginning today. Multiple 5-10-minute walks per day are recommended (longer distances after 2-3 days, as comfort allows); this will decrease swelling and the risk of phlebitis. You may experience a wet sensation beneath your bandage. This is usually local anesthesia fluid (pink/red) leaking out of needle holes; it is not generally a sign of bleeding. Expect significant bruising, drainage of small amounts of bloody fluid, tenderness, and mild swelling upon removing your bandage; these will gradually resolve, but often become worse over the first 48 hours before improving. Areas of firm nodularity are common over the next several weeks as scar tissue is being absorbed by the body.

Stockings / Shower

Your compression wrap/stocking will feel tight but is important. If the top of your wrap slips or rolls down, reinforce with an ace bandage. Remove the wrap 24-36 hours after your procedure as directed. Shower (not bathe) if desired and apply your stocking. The compression garment should be worn daily for 2-4 days, from morning until evening (longer if desired). Hot tub baths, sauna or hot tub should be avoided for 1 week. Paper tapes or Steri-Strips over incisions can be allowed to fall off; if there is drainage in these areas, a small gauze or Band-Aid may be applied.

Pain Control

Post-procedure bruising, moderate pain, tightness and tenderness are expected. For discomfort take Tylenol, Ibuprofen, naproxen (Advil, Motrin, Aleve etc.) as needed. Stronger pain medication may be prescribed based upon the extent of your procedure. Rest and leg elevation can often help decrease discomfort.

Activity

You may resume normal activity within 1-2 days of your procedure, including return to work, if heavy lifting and high impact exercise are not required. Heavy work and lifting can usually be resumed after 3-5 days based upon the extent of your procedure. High-impact exercise such as running, or aerobics may be resumed in 4-7 days. Automobile and air travel for greater than 2.0 hours should be avoided for 2 weeks.

Complications

If you should develop severe pain, severe leg swelling, severe redness, high fever, chest pain or shortness of breath you should call the office expediently or report to a nearby hospital emergency department. A small amount of bloody drainage staining your bandage can be treated with an extra gauze, Ace bandage and leg elevation. If there is significant bleeding through your bandage please contact us, or report to the hospital emergency department.

Follow up

You will be seen in the office in 24-72 hours after your procedure as well as in 4-6 weeks. If you develop any unexpected or worrisome concerns, call our office expediently.

Follow-up office visit: Date: _____ Time: _____ Location: _____

Please contact us through the office with further questions as necessary
413-347-4767

Dr. Basile's Cell for after hours urgent concerns: 413-770-6539