

Advanced Vein and Vascular Center
744 W. Lancaster Ave.
Devon Square II, Suite 225
Wayne, PA 19087
610-687-5347

HOME CARE AFTER EXCISIONS (MICROPHLEBECTOMY)

* ACTIVITY

- Please rest your leg for 1 to 2 hours after your procedure, and then resume normal daily activities. Refrain from heavy leg exercise and heavy lifting for 5-7 days.
- Walk at least 10 -20 minutes 2-3 times each day for 1 week.

* COMPRESSION

- Try to keep the ace wrap on tightly until bedtime. After this time, remove the ace and rewrap it so it is snug but not too tight, leaving the gauze in place. Keep your leg wrapped with the ace for 24 hours after your procedure. **If at any time you experience foot numbness/tingling, increased pain, or increased swelling remove the ace and re-wrap it.** On _____ remove the ace wrap and gauze pads. Put your compression hose on the treated leg. Carefully lift the hose up and over the steri-strips to avoid pulling on them. The compression hose will take some effort to place on the leg.

- Wear the compression hose constantly for 4 (four) more days. You may remove the hose at bedtime on _____.
You will be done with hose completely on _____.

- Remove the compression hose if it bunches, sags, or feels too tight; especially around the knee. Refit the hose beginning down at the ankle and work up your leg so the fabric is distributed evenly and comfortably over the leg.

* SHOWERING

- *You can not get the incisions wet for 5 days.* You may shower, but you must cover the leg with a trash bag or shower sleeve to keep the leg dry. You are able to shower without covering the leg on: _____.

* PAIN

- Take 2 Extra Strength Tylenol (acetaminophen) every 4 to 6 hours as needed for pain. Most patients experience little or no pain after this procedure.
- You will be provided with a prescription for stronger pain medicine; fill this only if the Tylenol does not work.
- Do not use Aspirin and Ibuprofen (e.g., Motrin, Advil, Aleve) for 24 hours after the procedure.

* FOLLOW-UP

- Make an appointment now for a one-week follow-up visit with Dr. Carabasi to remove the steri-strips.
Follow-up Appt. Date: _____ Time: _____

* WHAT TO EXPECT

- There may be some slight swelling and discomfort in the treated leg and foot. You can minimize this by elevating Your leg when you are sitting.
- There may be some tenderness and bruising in the areas where the incisions were made. This will take a few weeks to go away completely. **Arnica is recommended to reduce bruising. It is taken orally three times a day until the bruising is gone.**
- A small amount of bleeding may occur at one or some of the incision site(s). If you should experience a large amount of bleeding that soaks through the ace wrap, remove the gauze pad(s) and replace with a clean one. Hold compression on the area for 10-15 minutes (no peeking!). When the bleeding has stopped, cover the area again with a new gauze and replace the ace wrap or compression hose. If the steri-strip has come off, cover the incision with a band-aid.

* WHAT NOT TO EXPECT ***

- Prolonged tenderness, redness and warmth in the treated leg.
- Moderate to severe pain. Try loosening the ace first to see if that relieves the discomfort.
- Extreme swelling in the treated leg that doesn't respond to loosening the ace and elevating you leg.
- Loss of feeling, coldness, and/or numbness in feet and/or toes that doesn't respond to loosening the ace wrap.
- Shortness of breath.
- Fever.

*** *Call Dr. Carabasi or the nurse at the office (610-687-5347) during the day or on his cell (215-582-6526) after business hours if "WHAT NOT TO EXPECT" symptoms should occur or if you have any questions or concerns.*