



Vein Center

## Care After an EVLT or Phlebectomy

### Pain

You have been given a local anesthetic directly into the area of your incision/venous puncture as well as an anesthetic along the length of the greater saphenous vein. This anesthetic was mixed with water and gradually will be absorbed over the next 24 to 72 hours, which will help greatly with post-operative discomfort.

Depending upon the amount of fluid that was injected, you may notice a small amount of dampness on the inside of your stocking, which is normal. An ice pack directly over the wound may help reduce the soft tissue swelling, bruising and pain in the area—particularly the first couple of days.

Take the prescriptions you have been given, especially the anti-inflammatory ones (usually Motrin, Naprosyn, etc.). It is important to keep taking the anti-inflammatory medicine on schedule, even if you aren't having much discomfort.

Occasionally, patients will develop some tenderness and "lumpiness" along the inside of the thigh after the procedure. This reaction is common and is nothing to be alarmed about. It is improved with the anti-inflammatory medication.

**We recommend that you pick up your prescriptions BEFORE your surgery date! They are sent electronically.**

### Infection

If a wound becomes very red and swollen or develops drainage and increasing pain, please call the office at **(864) 454-8346**. If it is after hours, you will be connected to the answering service. In the VERY UNLIKELY event of an emergency, please go the emergency room nearest to you. Drs. Stanbro and Darby are on staff only at Greenville Memorial Hospital; however, you may go the ER of your choice.

Operated areas may become lumpy, tender or hard following the procedure. This reaction may occur immediately or may be delayed for several days. It is fairly common and usually is caused by small collections of blood. While we try to avoid this reaction with the use of compression bandages or stockings, it frequently happens and is NOT serious.

### Activity

**WALK!** Please remember a small amount of discomfort is to be expected, but walking is VERY IMPORTANT! Most people are able to return to their daily routine very shortly after the procedure. However, if you are at home, it is helpful to keep your legs **elevated** as much as possible (above the level of your heart) and "pump" or wiggle your ankles frequently. Be sure to wear your wraps or graduated compression stockings 24 hours a day for the first week unless otherwise instructed.

**Important: You should not drive, operate machinery or work around a stove or oven when taking any narcotic medication.** Try NOT to lift anything greater than 25 pounds for one week unless discussed with the doctor.

### Diet

You may return to your normal diet immediately after the surgery.

### Bathing

You may only sponge bathe until the second morning after your surgery—keeping the stocking as clean and dry as possible, unless otherwise instructed. After that time, you can remove the bandages, ACE wrap and compression stocking to shower. After showering, wear the other stocking provided to you while washing the first stocking. Wear the stocking for 24 hours a day for the first week. Then, you may wear the stocking in the daytime for two additional weeks.

### Follow-up:

Your post-op visits are scheduled as:

Nurse Calls: \_\_\_\_\_

& \_\_\_\_\_

Doctor & Vascular Lab: \_\_\_\_\_

Physician Visit: \_\_\_\_\_

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