

Vein Centers for Excellence of Des Moines

Robert J. Anderson, M.D., F.A.C.S

POST OPERATIVE INSTRUCTIONS

1. The day of surgery and the next day, relax, keep your leg elevated as much as you can and walk as tolerated.
2. The local anesthesia will last a couple hours after the procedure is over. You are instructed to take Ibuprofen 800mg with food, 3times a day for 5 days. For any discomfort take Extra Strength Tylenol or pain medication prescribed by Dr. Anderson. Please let the doctor know if you have ever had any stomach or digestive problems, such as gastric reflux or bleeding ulcers. If you are prescribed any antibiotic, **take it as directed** until gone.
3. After your procedure, you will have a dressing on your lower extremity that you wear for 2 days. The third day you remove the compression dressing and shower. After the shower you need to wear the stocking(s) prescribed by Dr. Anderson for **2 weeks** during the day if you had the laser procedure and **1 week** if you had stab phlebectomy. You do not need to wear at bedtime unless you feel more comfortable with the stocking(s) on. Wash stockings with mild laundry detergent, hang to dry.
4. If you had the laser procedure you may experience some discomfort on our about the 4th or 5th post procedure day, you may apply ice to the area for 15 minutes every hour as needed for discomfort.
5. If it is necessary for you to travel, please stop and walk around 5-10 minutes each hour. Also pumping the pedal is good also. This muscular activity will help maintain good circulation and empty your leg veins lessening the possibility of developing a blood clot.
6. Avoid strenuous exercise such as high impact aerobics, weight training, bicycling, power walking or running for 2 weeks with the laser procedure and 1 week for the stab phlebectomy. Ease into your normal routine. Walking daily is encouraged and promotes speedy healing (30 minutes or more daily is recommended). Judge this according to how you feel.
7. Avoid prolonged standing for the first week and elevate your leg(s) for 5-10 minutes periodically through out the day.
8. We expect you to resume all your pre-procedure activities (except high impact exercise) including work 2 days after procedure.
9. In the unlikely event that you notice blood through the dressing, **do not become alarmed**. This is a minor problem that is easily controlled. First, elevate your leg. Keeping the leg elevated apply some extra pressure over the area. Elevation and compression are the most important things. After you have done this and the bleeding has not stopped, call the office or Dr. Anderson after hours. The doctor can be reached for emergencies day or night. **Office: (515) 223-0592**
11. **Please bring a pair of shorts and your stockings with you to all office visits.**

If you have ANY questions or concerns, please call the office or the Dr. at the numbers listed above.