

# **SAMUEL BUNDZ, MD, P.A.**

8112 Centralia Court Ste 101  
Leesburg, FL 34788

Phone: (352)787-9111  
Fax: (352)787-9331

## **Patient Instructions After EVL and Phlebectomy**

**Please read and initial beside each paragraph indicating you understand. You will be given a copy to take with you. Please follow these instructions carefully.**

When you leave the office you will have a dressing in place covered with compression hose. You will keep this dressing on for 3 days. Please take sponge baths during this time. **The dressing must stay dry.**

You may have several areas on your dressing where fluid and blood will leak through. Some bleeding and oozing is normal. Do not be alarmed. If the bleeding continues and bandages become soaked through, call the office.

You will have some discomfort following surgery. **Take Ibuprofen 400mg-600 mg every eight hours around the clock for 5-7 days.** If you cannot tolerate ibuprofen, you may take Tylenol 650 mg every 6 hours or 2 regular strength Tylenol. **Do not skip any doses.** This will alleviate minor discomfort during your recovery. ***If you are having extreme discomfort or bleeding notify the office immediately.***

We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing. Avoid prolonged sitting or standing in one place for the first week and elevate your legs at least 3 times a day for 5-10 minutes. Avoid strenuous exercise such as aerobics, weight training, bicycling, running and swimming for 3 weeks. Also avoid whirlpools/hot tubs, saunas, heated swimming pools, and hot baths for at least one week.

Several days after the procedure you may notice some swelling and bruising on the inner aspect of your thigh and any other treatment site. This is part of the process and is to be expected. Walking and taking the anti-inflammatory medication as prescribed will help to alleviate any discomfort.

It is normal for the veins to feel hard or "bumpy" after the procedure. Use a heating pad on these areas. You may also see small pieces of a vein sticking out of small holes if you had a phlebectomy. Do not pull at these. They will resolve on their own.

After (3) three days you may remove the dressing by unwrapping it. Under the wrap will be gauze pads, which may also be removed. When the outer dressing is removed ***you will notice a significant amount of bruising, this is to be expected.***

After the dressing has been removed you may shower and wash the leg as normal.

You are to continue wearing the compression hose for another 18 days, during the day. You may remove the hose at night after the dressing is removed.

You must bring your compression hose to all appointments.

Please call the office nurse if you have any questions (352) 787-9111.