

# Great Lakes Cardiothoracic and Vascular Surgery, PC

2390 Mitchell Park Dr, Suite B  
Petoskey, MI 49770

Brad E. Vazales, M.D., F.A.C.S., F.A.C.C.  
James M. Gracy, PA-C

Phone (231) 487-9090  
Fax (231) 487-9191  
www.greatlakesveins.com

## POST-OP INSTRUCTIONS FOR MICRO PHLEBECTOMIES

1. You must wear the hose for 24 HOURS. Then wear the support hose for the next 3 days during the day.
2. Shower 24 hours after your procedure and remove your dressings at this time.
3. **Wash incisions daily with soap and water.**
4. What to expect: *Bruising, hard knots or bumps and tenderness are normal.* You may experience a “pulling” sensation or discomfort after the procedure.
5. ***Most often the discomfort is worse around the 7 to 10 day point.***
6. It is recommended that you take 400 to 600 mgs of Ibuprofen 3 to 4 times a day (usually comes in 200mg over the counter). **Always take with food or milk.** You may need the Ibuprofen for inflammation up to 2-4 weeks post procedure
  - a. Micro Phlebectomy patients need a 90 day follow up appointment.

**\*\*\*\*NORMAL WALKING IS ENCOURAGED EVERYDAY\*\*\*\***

### DAY OF PROCEDURE AND THE DAY AFTER

You may be up for 2 hours doing normal daily activities, then sit for one hour and elevate.

#### For one Week:

NO STRENUOUS ACTIVITY-BIKING, SKIING, SWIMMING, HORSEBACK RIDING, GARDENING INVOLVING BENDING AT KNEE, POWER WALKING, JOGGING, RUNNING, WEIGHT LIFTING, REPETITIVE BENDING WITH KNEE OR ABDOMEN,

**No Hot Tubs.**

**No restrictions after one week.**

**\*\*\* PLEASE FEEL FREE TO CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS \*\*\* 231-487-9090**