



NAPA VASCULAR
&
VEIN CENTER

Stab Ambulatory Phlebectomy - Post Op

You have just undergone Microincisional Phlebectomy.

This may have been combined with VNUS Radiofrequency Closure and (if so) information on that procedure will be provided separately.

For the remainder of the day your activity level should be minimal. Spend most of the time recumbent with your ankle at or slightly above the level of your heart. It is OK to walk to the restroom and to sit-up for meals, but try to spend the rest of the time reclining with your leg elevated. Tomorrow you may be up and engage in normal activity but avoid heavy exercise for another 72 hours if at all possible.

Your leg is wrapped with an elastic bandage that you should leave on for 24 hours when you can remove it to shower. Replace the bandage after your shower, and continue to wear it until you return to Napa Vascular & Vein Center for your follow-up ultrasound (if scheduled.) If you don't have a follow-up ultrasound scheduled, leave the elastic bandage on for another 48 hours.

Expect some mild discomfort, bruising and swelling, in the areas treated. This discomfort will gradually go away over the next several weeks. Ibuprophen or Tylenol is usually sufficient for pain relief. The final cosmetic improvement will likely take several months to be realized. Rest assured you will be pleased by the final results.

Dr. Brooks will re-evaluate your leg(s) in about one month and may recommend some additional minor injection treatments at that time. At times, removal of some clotted blood is also necessary and this too is minor. These "touch ups" help us to achieve the most pleasing final result.

We want this process to be as easy and pleasant as possible for you. Several trips to the office are usually necessary as treatment of varicose veins is almost always a multi-step process. If you have any questions please call us at **707-252-4955**.

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