

POSTOPERATIVE INFORMATION FOR TRANSILLUMINATED POWERED PHLEBECTOMY

The bandages on your legs will look swollen and may even look like you are bleeding. However, you are not bleeding. Over one liter of irrigation fluid is left behind in each leg and just like one drop of cherry kool-aid will turn an entire glass of water red, one drop of blood may make the fluid appear red tinged.

Leave the dressings on for two days. Then on the morning of the second day, take everything off, including the gauze and sponges, throw them away, and take a nice shower. You will be provided with additional rolls of special “short stretch” Ace Wraps that you will then wrap your legs accordingly, starting at the feet and working your way up your legs. You will not need the sponges or gauze tape after the first two days.

Your legs may look swollen and significantly bruised. They will also be sore. This is normal and as the days and weeks go by, most of the swelling and bruising will subside.

Depending on how active you are, you may have to rewrap your legs a few times during the day. You may be as active as you want to be in regards to walking the day of surgery. Most important, we want you to be active. We do not want you lying in bed or sitting on a couch all day. Hold off on lifting weights for approximately two to three weeks.

For at least one month after surgery, you are either to have your legs wrapped or wearing compression stockings. Switch over to compression stockings when you are comfortable putting them on. The average person is on about the 7th to 10th postoperative day.

Make an appointment to come back and see us in the office one to two weeks after surgery. By that time, you should be walking better, not taking as many pain pills, and noticed a significant decrease in the bruising and swelling in your legs.

Please call our office if you have any questions.