

Capitol Vein & Laser Accredited Surgery Center

Microphlebectomy:

What to expect After your procedure

Supplies you will need available when removing your dressing:

2 towels	Trash bag	Phone
Band aids	Re-rolled ace bandage	Gauze
Instruction sheet	Clear path to shower	Compression hose

- You may remove the dressing at home 24 hours after the procedure. There will be dried blood on the skin and dressing. Some dressings may stick to the skin and should easily fall off while in the shower. Do not pull dry/stuck dressing from skin.
- Ace bandage dressing should be removed on a bed so your legs can be elevated. Have a towel under your leg to place the soiled dressings on and a second towel in case there is bleeding. Unwrap the dressing gently without pulling any gauze that may be stuck to the skin.
- Lay down for 5 minutes after removing ace wrap, to avoid dizziness. Sit up on side of bed with legs down before standing. If no dizziness occurs, you may walk to shower.
- If you experience active bleeding (not oozing), after dressing removal, apply direct pressure to the area using gauze or second towel and elevate your leg for 15 minutes; repeat if necessary. You may have to re-wrap temporarily with the ace to apply adequate pressure.
- After you shower, pat dry with towel. Typically, all sites will be dry and intact and you may put on compression hose. If some sites are moist or oozing, band aids may be applied to those sites.
- Support hose are worn for 3 days & 3 nights (unless otherwise instructed by CVL physician). During this time you may proceed with normal activities, excluding exercise.
- Exercise and/ or vigorous activity may resume 4 days after the procedure.
- Long distance driving trips or flights may resume 7 days after the procedure.
- If you have any further questions or concerns, please contact your CVL physician.