Elastic bandage (Ace wrap)
• To help prevent blood clots and promote healing, you must wear the elastic bandage for 24 hours.
  – If the wrap feels too tight or your foot/ankle becomes swollen, take it off and then put it on again, but slightly looser.

Dressings
• A piece of gauze was placed over the insertion site. This gauze should be removed before you take your first shower.
• When you remove the gauze, you will see small bandages called Steri-Strips. These should be left in place until they become loose or fall off, usually in 5 to 7 days.

Activity
• Do not shower for 24 hours after the procedure.
  – For 7 to 10 days, you will need to cover your leg with a plastic cover or bag when you shower to keep the wounds clean and dry.
• Do not take tub baths, use hot tubs or go swimming for 2 weeks.
• You need to keep the wounds on your leg clean and dry at all times for 7 to 10 days.
• You may resume your normal activity the day after the procedure.
• Walk at least twice a day for 20 minutes.
• Avoid prolonged sitting or standing in the same place for the first 7 days.

What to expect after the procedure
• It is normal to have some swelling and bruising. Elevate your legs to help decrease the swelling.
• It is normal to have some discomfort. Take pain medication as needed for comfort.

Medications
• You may take one of the following medications for pain relief:
  – Ibuprofen (Motrin/Advil) 800mg every 8 hours if needed for pain and inflammation; take with food to avoid stomach upset
  – Acetaminophen (Tylenol) 650mg every 6 hours if needed for pain
• If you take birth control pills, and if you are not allergic to aspirin, we recommend that you take 325mg of aspirin once a day throughout the course of your treatment.

When should I call my doctor?
• Call your personal/family doctor if you have:
  – Signs of infection, such as fever over 101° F, redness, drainage or swelling around the insertion site
  – Signs of a blood clot, such as increased pain, swelling or warmth in your leg that is different from your usual condition
• If you do not have a personal physician, call Aurora Sheboygan Clinic’s Urgent Care at 920-457-4461.
• If you feel you have an emergency, go to the nearest emergency room.
• Call 911 if you have chest pain or shortness of breath.

Call Dr Siddique’s office with any other questions or concerns at 920-451-5292 or 920-451-5566.

Care After Your Stab Phlebectomy

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.
Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.