

Daws Wellness Center

Microphlebectomy Pre and Post Procedure Instructions

**Hartwell 706-376-6000
Anderson 864-261-7733**

Read these instructions carefully 2 weeks before and the day before your procedure.

Prior to the Procedure

To reduce bruising you may take Arnica for several days before your procedure.

Do not take aspirin, Ibuprofen or any type of blood thinners such as vitamin E, fish oil or certain herbal supplements for ten days before the procedure.

Wear loose, comfortable clothing including socks. Layering is most comfortable and allows for temperature fluctuation.

Bring your compression stockings and pain medication with you to the office.

You may have a light meal at your regular time prior to your procedure (breakfast and/or lunch depending on the time of day your procedure is scheduled).

Please take all routine medications at their normally scheduled times. Check with the office before taking any diuretic medication (water pills).

You will need a ride home after the procedure. Plan to be in the office approximately 3 hours that day.

After the Procedure

Keep your compression stocking and ace wrap in place for 48 hours. Remove the stocking and wrap the next morning and shower. Continue wearing your compression stocking every day until the bruising has resolved. Put them on first thing in the morning with your leg elevated. You may want to put on your stockings before getting out of bed in the morning. Continue to wear the ace wrap for 2 days. You do not need to sleep in the stocking and ace after the 2nd day.

You will have some bruising after the procedure. We recommend taking Arnica to reduce bruising and help them to fade faster. Pain medication may be taken if needed. You may use Tylenol instead of the prescribed pain medication if you have minimal discomfort. More significant discomfort should be treated with the prescription pain medication.

Resume all your usual medications and diet as before. No heavy lifting (nothing over 15 pounds) or running for two weeks. If you wish to return to an exercise program you may begin in moderation after the first week. No leg exercise for two weeks. Moderation with your exercise program will allow for an easy recovery.

You may resume driving in 24 to 48 hours if you are not taking pain medication. Listen to your body. If your leg is in pain or fatigued, elevate it for a while and resume a less vigorous schedule.