

Heart Place Plano West Vein Program Leg Care After Your Phlebectomy Procedure

Patient: _____ **DOB:** _____

Now that your phlebectomy is complete, you may resume normal activities with only a few exceptions and suggestions:

- Please refrain from swimming, using a hot tub, or taking a hot bath for 1 month following the procedure. You may shower and gently clean the leg but try to avoid submerging the leg in water.
- Please refrain from vigorous gym exercises or running for 1 week following your procedure.
- Do not fly for 1 week following your procedure.
- Avoid exposure to excessive sun during the first two weeks following the procedure.
- It is normal to experience bruising, soreness and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks. You may take over-the-counter pain medication such as Tylenol or Advil as needed for your discomfort.

If you experience any side effects that concern you, please call us at (972) 378-9560