



Saphenous Vein Ablation and Phlebectomy (Stab or Trivex) Discharge Instructions

What are my care instructions after I leave the hospital?

- You will need someone to drive you home after your procedure and help you at home for 1-2 days.
- It is common to feel soreness and discomfort in your incision sites. We suggest you take an anti-inflammatory medication such as ibuprofen (Motrin[®], Advil[®]) for relief. If this does not give you adequate pain relief, take your prescribed pain medication as ordered by your doctor.
- Take your temperature each morning before eating or drinking and at any time you think you may have a fever.
- Look at your incision sites daily for signs of infection (increased redness, tenderness, swelling, warmth, yellow or green drainage and/or foul smelling drainage).

How do I take care of my incisions?

- You will be discharged from the hospital with a sterile dressing covered by an outer ace wrap and an inner non-stretchy wrap to your affected leg. There may be a small amount of red drainage on your ace wrap. This is normal.
- Keep your dressing on for 48 hours.
- You may shower 48 hours after your surgery. Follow these steps as you take your first shower:
 - Take your pain medication about 30 minutes before you start getting ready for the shower.
 - Sit down and take off your dressing. There may be plastic strips in place that will come off on their own or will be taken off at your clinic

- visit. It is normal to see a large amount of bloody drainage for the first 48-72 hours after the Trivex procedure.
- Throw away your dressings in a plastic garbage bag.
 - After throwing away the dressings, sit down and move your leg around for about 5 minutes to get your blood circulating.
 - Wash your incisions with mild soap and pat dry lightly. Avoid strong soaps, chemicals (like alcohol) and creams near the incisions.
 - After you shower, you will need to reapply a dressing to your leg. Please follow these steps:
 - Place non-sterile 4x4 gauze over your incisions and puncture sites.
 - Place a Comprilan non-stretchy wrap over 4x4 gauze that is covering the incisions and punctures.
 - Place the outer ace wrap from your toes up to the groin area. This will provide 2 layers of compression over the Trivex area.
 - You will need to take down and rewrap a few times a day for a period of 2 weeks.
 - Leave your stocking or ace wraps off at night after the first dressing change.
 - Keep your incisions clean and inspect daily for signs of infection.
 - Do not sit in bath tubs, hot tubs or pools for the next 4 weeks

What will my incisions look like?

It is common to have swelling in your leg after this procedure. You will also have drainage from your incision that will be blood tinged at first, change to a light red or pink tinge, and then the drainage will become thin and clear. This is typical when the incision is healing. You may also see significant bruising, which will improve with time. Your incision scars may become more noticeable and thicker over the first 3-6 months. Overtime (6 months to 1 year), they will look like freckles and become less noticeable.

What are my activity instructions?

Restrictions:

You have received medication for pain or sedation while under our care, **do not** drive, operate machinery, or sign any legal document (s) for 24 hours after your procedure.

Activities:

- Walk on the first night after surgery.
- After the first day expect to make daily progress to get back to your usual physical activity.
- Elevate your legs above your heart when resting.
- Discuss your return to work with your provider.

How can I improve my vein health?

It is always important to do activities that help to keep the blood moving in your veins and encourage blood flow back to the heart. You can improve your vein health by following a few simple steps:

- After your first clinic visit go back to wearing compression stockings during the day if you can.
- Regularly elevate your legs above the level of the heart.
- Walk frequently and engage in exercises that use your leg muscles.

What follow-up care will I receive?

You will have a post-operative visit in the Vascular Surgery Clinic in approximately one week after your procedure. Please call **888-287-1082** to schedule this visit. At the one-week visit, your provider will decide when you should return for your next visit (1 to 3 months).

When do I need to seek emergency care?

Call 9-1-1 immediately if you develop:

- Sudden chest pain
- Bleeding that does not stop
- Shortness of breath
- If you believe that you are having a true emergency.

If you notice common signs of stroke:

- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden numbness or weakness of the face, arm, or leg, usually on one side of your body
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden or severe headache with no known cause

When should I call the clinic?

Call the vascular surgery clinic if have any of the following signs and symptoms:

- If you have a temperature of 101.5°F
- Signs of infections:
 - Red streaking going up the affected leg
 - Significant increase in pain
 - Drainage from any incision that is yellow, green, milky-looking and/or foul smelling.

What is the contact information for the Clinic?

- Call the Vascular Surgery Clinic Nursing Line Monday-Friday between 8:00am-4:30pm at **(888) 287-1082**
- After business hours, call the paging operator at **(734) 936-6267** and ask for the Vascular Surgery Resident on call.

Vascular Surgery
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