

Dr. Vance Elliott

Advanced Hair & Skin Surgery

Ambulatory Phlebectomy Aftercare Sheet

Following ambulatory phlebectomy, a compression bandage should be kept in place for 24 to 48 hours. Patients are usually encouraged to walk soon after treatment, as the contraction of surrounding muscles is helpful in ridding the area of fluids, reducing the risk of blood clots and is beneficial to the healing process. Compression stockings must be worn for one to three weeks while the treatment area heals. This helps to aid in the healing process and promotes healthy blood flow. While most patients are able to return to work and other activities soon after treatment, strenuous activities and prolonged standing should be avoided in the weeks following treatment.

Patients are strongly encouraged to follow recovery and downtime instructions given to them by Dr. Vance Elliott to ensure a healthy healing process. Each patient's recovery may differ and adhering to one's specific recovery instructions is recommended.

As it is true of most procedures, there are certain risks and complications associated with ambulatory phlebectomy. Bleeding and infection are common risks associated with this procedure, as well as other procedures used to treat varicose veins. Because the incisions used with ambulatory phlebectomy are small, though, this complication is much less common than with vein stripping procedures. Most incisions with ambulatory phlebectomy heal without scarring, although individuals with darker skin may require a longer period before incisions completely fade. Other risks include discoloration of the skin, numbness and tingling. These side effects typically resolve on their own.