

PORTLAND SURGICAL ASSOCIATES

195 Fore River Parkway – Suite 420

Portland, Maine 04102

Tel: 207-878-3177 Fax: 207-878-2156 E-mail: PortlandSurgical.com

Christopher D. Rogers, DO, FACOS

Benjamin L. Russell, DO, FACOS

Melissa L. Tsomides, PA-C

**Post Treatment Instructions
Laser Closure of Saphenous Vein / Phlebectomy**

The day of surgery and the next day, try to walk as much as possible.

When resting, you may elevate your leg.

We will take off the compression bandage/stocking on _____, at that time you may take a shower and put your compression hose on and wear them when you are up and around. You should wear the compression hose when you are up and around for at least one week.

After your first post-op visit you do not have to sleep in the compression hose.

If you have steri-strips, they will peel off in about one week, at which time you may peel them off.

For pain you may use _____ or acetaminophen.

A small amount of oozing is normal. If it looks like the dressing needs to be changed please call the office 207-878-3177.

Wait at least one week before resuming strenuous exercise such as weight lifting or jogging.

Wait at least one week before getting into a hot tub/spa or pool.

Call the office at 207-878-3177 for any temperature over 101^o or for excessive bleeding.

Your follow-up appointment is on _____

If you have a medical emergency call the office or go to the Emergency Department at Mercy Hospital or Maine Medical Center