

# NORTH JERSEY CARDIOVASCULAR CONSULTANTS, LLC

LAWRENCE F. MAHDI, M.D., FACC, FSCAI  
ALAN S. LAPA, M.D., FACC, FSCAI  
MANISH V. BHALODIA, M.D., FACC  
JOHN H. SHAO, M.D., FACC

BOARD CERTIFIED CARDIOVASCULAR AND ENDOVASCULAR SPECIALISTS  
CLINICAL, INTERVENTIONAL AND NUCLEAR CARDIOLOGY

329 BELLEVILLE AVENUE  
BLOOMFIELD, NJ 07003  
TEL: (973) 748-3800  
FAX: (973) 748-3540

80 BLOOMFIELD AVENUE  
CALDWELL, NJ 07006  
TEL: (973) 364-1444  
FAX: (973) 364-0101

96 MILLBURN AVENUE  
MILLBURN, NJ 07041  
TEL: (973) 762-2782  
FAX: (973) 762-1946

## POST-OPERATIVE INSTRUCTIONS: VENOUS ABLATION AND PHLEBECTOMY

**WOUND CARE:** Remove all bandages (ace wrap, gauze wrap, gauze pads, etc.) the next morning.

- A small amount of bright red blood is expected. Do not be alarmed. After the dressings are removed, you can wash off the surrounding skin with soap & water. Many parts of your leg will become black and blue and some parts will get swollen; this is expected after surgery.
- Contact our office with signs of infection: fever, intense redness, draining of pus.
- Do not put ice and do not apply heat to the infected area.

**ACTIVITIES:** Do not make any important decisions, drive or operate any hazardous machinery for 24 hours until full recovery from the anesthesia.

- Do not engage in sports, heavy work or lifting until 1-2 weeks.
- You may return to work within 24-48 hours.
- You may start driving in 24 hours if not taking any narcotics pain medicine.
- It is very important to walk and climb stairs normally, however no prolonged standing. Whenever you are not walking, elevate your legs on another chair.
- Walk one mile daily for 5 days OR 15 minutes every hour for (5) hours for (5) days.

**DIET:** Resume your previous diet if you are not nauseated.

- Do NOT take any sedatives, narcotics, or tranquilizer for 24 hours unless specifically ordered to do so by your surgeon. No alcoholic beverages for 24 hours.

**PAIN:** A small amount of discomfort is common after vein surgery. Take extra strength Tylenol 1,000mg every 6 hours AS NEEDED for pain. Call the office for any severe pain.

- Any prescriptions given to you must be used as directed by the doctor.