

RECOVERY GUIDE

Post Ambulatory Phlebectomy

WALKING

IMMEDIATELY AFTER PROCEDURE:

Walk for **15 minutes**.

FOR 4 HOURS POST-PROCEDURE:

Alternate walking for **15 minutes**, with elevating your leg above chest-level for **45 minutes**. Repeat each hour.

FOR 4 DAYS POST-PROCEDURE:

Walk for **30 minutes** per day.

STOCKINGS

DAYS 1–3:

After the procedure, you will need to wear **2 stockings** on the procedural leg. The second stocking can be removed *FOR SLEEP ONLY* if it is causing discomfort.

DAYS 4–5:

Wear **1 stocking** continuously for 24 hours/day for the next 2 days.

Any urgent questions or concerns, please
contact our office at: **(780) 416-8999**

After hours, emergency only:
Clinic Manager **(587) 340-5682**