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Texas Vein Health Ambulatory Phlebectomy Program

Leg Care after your Phlebectomy Procedure

Now that your phlebectomy is complete, you may resume normal activities with only a few exceptions and suggestions:

1. Please refrain from swimming, using a hot tub, or taking a hot bath for 1 month following the procedure. You may shower and clean the treated leg, but try to avoid submerging the leg in water.
2. Please refrain from vigorous gym exercises or running for 72 hours following your procedure.
3. Do not fly for one week following your procedure.
4. Avoid exposure to excessive sun during the first two weeks following the procedure.
5. It is normal to experience bruising, soreness, and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks. You may take over the counter pain medications such as Tylenol or Advil as needed for your discomfort.

If you experience any side effects that concern you, please call us at 972-378-9560.