

JAMES J. HUDGINS, M.D., F.A.C.S.
4001 W 15th St, Suite 180
Plano, Texas 75093
Phone 972-596-5225

**VNUS CLOSURE AND/OR STAB PHLEBECTOMIES
POST-OPERATIVE INSTRUCTIONS**

- 1. You may resume a regular diet the evening of surgery. Take Tylenol as needed for pain. You may be pleasantly surprised at the amount of post-operative discomfort, which may only require Tylenol or Advil. However, please do not take any aspirin**
- 2. Rest easily at home for the first 24 hours. You may be up and about within your own tolerance limits. No prolonged standing during the first 48 hours after surgery. Please keep your bandage dry.**
- 3. You may remove the bandage after 24 hours and resume your regular daily routine. No yoga or jarring exercise for 1 week.**
- 4. You may take a shower once the bandage is off, but no tub baths or hot tubs for 1 week.**
- 5. Vnus closure patients will return to the office approximately 3 months post-op for follow up ultrasound and then to see Dr. Hudgins 2 weeks later. All other patients will return to the office in 1 to 2 weeks for post-op visit**
- 6. Stab phlebectomy incisions are closed with absorbable stitch and steri-strip skin tapes. These will loosen with time and will fall off in 7 to 14 days.**
- 7. If follow-up Sclerotherapy injections are needed, they can be done in the office anytime post operatively. Any Sclerotherapy done does generate a separate charge.**
- 8. Please keep your return appointment with Dr. Hudgins as scheduled.**

If you have any questions, please call the office at (972) 596-5225