



THERAPEUTIC PHLEBOTOMY

Aftercare Instructions

- Leave the pressure bandage on your needle site for 3 to 6 hours after your procedure. Avoid activities that may strain the arm used during the procedure for at least one (1) day following the procedure.
- Increase fluid intake for 1-2 days following the procedure.
- Avoid alcohol and drinks with caffeine for the rest of the day following the procedure.
- Avoid strenuous exercise for one (1) day following the procedure.
- Don't smoke for at least one (1) hour after the procedure.

If lightheaded or dizzy, sit down and place your head between your knees. You can also lie down flat and raise your feet and legs.

Caring for the Needle Site:

- You may have discomfort, bleeding, swelling or bruising at your needle insertion site. Follow the following guidelines to help with these side effects.
- Hold ice or a cool pack wrapped in a towel over the site for 10-15 minutes, remove for 10-15 minutes. Repeat as necessary.

Managing the Bleeding:

- Raise your arm above your head and apply pressure with your other hand for five (5) minutes or longer.
- Cover the site with a bandage or put pressure bandage back on the site.

When to Call your Healthcare Provider or Visit the ER:

- Discomfort, bleeding or swelling that isn't helped by the guidelines above.
- Bleeding that you cannot stop.
- A fever of 101 degrees or higher.
- Redness, warmth, or pain at your needle insertion site.
- Any other unexpected side effects.

Any questions or concerns, please contact The Healing Sanctuary during normal business hours:

Monday - Thursday 8 - 5 pm

Friday 8 - 2 pm

Closed Saturday & Sunday