

PRE-OPERATIVE INSTRUCTIONS VARICOSE VEIN PHLEBECTOMY

Ambulatory Phlebectomy is an outpatient procedure that involves accessing and disrupting the troublesome vein through tiny incisions in the skin. As a result of the procedure, the vein will scar and eventually disappear causing blood to naturally divert to other healthy veins in the leg.

How long will the procedure take? An appointment for Ambulatory Phlebectomy therapy may take approximately 1 hour depending on the scope of the treatment.

What can I expect before, during and after the procedure? The procedure is performed in our outpatient office.

During the procedure, a local anesthetic is administered, and a small needle is used to make micro-incisions in the skin. For the overwhelming majority of patients, these small incisions cause minimal pain. The small incisions may be stitched or glued closed.

After the procedure, you may resume many regular activities following the procedure. Rest is recommended for 2-3 days following phlebectomy, and you should avoid strenuous activities during this time. You may return to normal activity within 5-7 days.

Day of Procedure Preparation Please read all instructions as part of preparing for your appointment:

1. Take any regular medications the day of the procedure.
2. Fasting is not required; eat a normal breakfast or lunch.
3. Bring an iPod or headset if you'd like to listen to music during the procedure.
4. Compression stockings should be purchased prior to your appointment and brought with you the day of the procedure.
5. Drink as much fluid as possible 24 hours prior to the procedure. Drink 3-8 oz glasses of water or juice the morning of the procedure.

The Ambulatory Phlebectomy Procedure

1. Once you arrive for your appointment at our center, you will change into shorts so that the veins are exposed for the doctor.
2. Your doctor will look and mark the veins to be treated. There are pillows and blankets available for your comfort, and if you brought a listening device, you can begin listening to music.
3. You will feel a small pinch of local anesthetic during this part of the procedure.
4. A needle will be used to make several micro-incisions in the leg, each approximately 1mm in length.
5. A small hook is then inserted into the micro-incision, and a section of the faulty vein is removed. There should be minor discomfort.
6. Compression stockings should be worn as soon as the procedure is done and after care instructions will be given to the patient.

If you have any questions or concerns about your phlebectomy procedure, please call our office at 614-917-0696.

POST PHLEBECTOMY PATIENT INSTRUCTIONS

1. You have had a PHLEBECTOMY procedure of your RIGHT / LEFT leg.
2. Recovery from PHLEBECTOMY is usually trouble-free. It is normal to feel a tightening sensation in your leg after a couple of days, and it may last for a few days. Your leg may also be slightly tender to touch for a few days. It is also normal to experience the following symptoms during the next 2-3 days: a. Mild pain b. Cramping c. Bruising d. Swelling
3. The treated area may be somewhat tender, discolored (red-purple) and you may have some bruising lasting 2-3 weeks.
4. Your leg was wrapped with absorbent pads and compression stockings. Please remove the pads tomorrow morning but keep your compression stocking.

5. Starting the following day, you should wear your compression stockings while upright during normal daily activities for 3 weeks. You may take them off to shower and when in bed at night. During this time, continue to avoid hot tub baths.
6. You should keep your leg elevated when sitting or lying during this 48 hour period. You may also apply ice to the leg to help with swelling/discomfort.
7. You can take Motrin or similar ibuprofen every 6 hours as needed for discomfort.
8. During the next 3 weeks, avoid prolonged periods of standing. It is better to walk or sit.
9. Walking every day is very important. You should walk twice per day for 30-minute periods for the first week.
10. You may resume your normal medications. However, if you take any blood thinning medications, such as anticoagulants, aspirin, or NSAIDS (unless directed by us, refrain from taking them for 24 hours post procedure.
11. Please inform your vein specialist if you plan to travel on an airplane in the next 2 weeks. You may need some additional instruction.

Notify your primary physician if any of the following occur:

- Fever of 100 ° F (38 ° C)
- Lightheadedness, dizziness, or feeling faint
- Difficulty breathing, shortness of breath, pain with breathing, or chest pain
- Increasing pain in leg
- Persistent bleeding or excessive swelling in the leg
- Progressive area of redness, warmth, blisters, or drainage in the leg
- Persistent itching or rash in leg
- Lump formations
- Leg numbness
- Blue or cold feet

Follow-up Care: You will be scheduled for a 2-3 week follow up after the procedure with the doctor.

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my physician. I understand I must call the office immediately if any unexpected side-effects arise.

Patient Signature _____

Staff Signature _____

Date ____/____/____