

WHAT TO EXPECT | AMBULATORY PHLEBECTOMY

Patient Name

Appointment Date

Time

Arrive at

Before Your Procedure

- ▶ Your appointment time is the time we anticipate beginning the procedure.
Please arrive at least 15 minutes ahead of your appointment time to allow time to change clothing, complete paperwork, and address any last minute questions.
- ▶ The procedure itself takes about an hour, but anticipate being in the office 1½ to 2 hours.
- ▶ **On the day of the appointment, you may eat normally and take your usual medications. Advise your doctor if you take blood thinners or aspirin.**
- ▶ **Bring your full length stocking if you already have it.**

Your Procedure

- ▶ After paperwork is complete and you have changed clothing, your surgeon will mark your leg to indicate veins to be removed.
- ▶ Your position on the table may vary depending on the location of abnormal veins.
- ▶ Your leg will be prepared using an antiseptic solution and sterile drapes placed.
- ▶ Using local anesthetic, a series of very small (1/8 inch) incisions will be made and segments of vein removed using specially designed instruments.
- ▶ Tumescent anesthesia is also used in which a higher volume of fluid is injected in the tissues around the vein.
- ▶ The procedure itself will take about an hour.
- ▶ When the procedure is complete, your leg will be cleansed and a compression wrap applied. Your compression stocking may be applied.

After your Procedure

- ▶ You will be asked to walk for approximately 15 minutes and report back to the office.
- ▶ **You may drive yourself home.**
- ▶ **You should wear your wrap for 24–36 hours, and then your stocking during the day for 2–3 days.**
- ▶ **You may resume normal activity, diet, and medications immediately.**
- ▶ **Avoid core muscle exercises or heavy lifting or straining for 1 week as these activities may increase venous pressure in the treated vein.**
- ▶ **You may shower as soon as you remove the compression garment placed in the office (24-36 hours), but you should avoid hot baths.**
- ▶ Anticipate some bruising or discoloration along the path of the treated veins. It will resolve within 1–2 weeks.
- ▶ Some of the tumescent fluid is expected to leak out of the incision sites. A small or moderate amount of pinkish drainage should not be cause for alarm.
- ▶ A follow up appointment will be scheduled for 2–7 days after your procedure.
- ▶ **Call your doctor for:**
 - Fever greater than 101 degrees F.
 - Pain or swelling severe enough to limit normal light activity such as walking.
 - Excessive bleeding or drainage.