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Pre-op Patient Information: Ambulatory Phlebectomy

If you are planning an appointment at the Vein Healthcare Center for Ambulatory Phlebectomy, it is important to be informed about pre-operative guidelines. Being fully prepared for your appointment and following recommendations for care before your appointment will help ensure successful, comfortable treatment.

Exceptional patient care is our first priority. If you have any questions about treatment or about your upcoming appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

Understanding Your Ambulatory Phlebectomy Visit

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, and blood is naturally diverted to other healthy veins in the leg.

An appointment for Ambulatory Phlebectomy therapy may take approximately 1 to 3 hours depending on the scope of the treatment. 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 no pain. No stitches are necessary, and the incisions are usually imperceptible.

You may resume many regular activities following the procedure. Rest is recommended for 2-3 days following Sclerotherapy, and you should avoid strenuous activities during this time. You may return to normal activity within 5-7 days. It is recommended that you have a driver immediately following your appointment, so be prepared to have someone accompany you to your visit, or have someone we may call when you are finished with treatment.

Preparing for Ambulatory Phlebectomy

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

- * Take any regular medications the day of the procedure.
- * Fasting is not required; eat a normal breakfast or lunch.
- * You will be prescribed a muscle relaxer to help keep the muscles in your leg loose, and a pain medicine. Take both medications 1 hour before the procedure or as directed by your physician.
- * Bring an iPod or headset if you'd like to listen to music during the procedure.



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* Compression stockings should be purchased prior to your appointment and brought with you the day of the procedure. They will be used immediately following treatment, and during the following two weeks. Trying your compression stockings on prior to your visit will ensure that they fit comfortably.

The Ambulatory Phlebectomy Procedure

Once you arrive for your appointment at the Vein Healthcare Center, you will change into exam shorts and photos of your leg will be taken. Photos are used only for your personal medical chart. Your leg will be rechecked using Ultrasound, and your doctor will write on your leg with a magic marker. Your vital signs will be checked, and you'll be asked to relax on the table. There are pillows and blankets available for your comfort, and if you brought a listening device, you can begin listening to music. You will feel a small pinch of local anesthetic during this part of the procedure.

A needle will be used to make several micro-incisions in the leg, each approximately 1mm in length. A small hook is then inserted into the micro-incision, and a section of the faulty vein is removed. There should be little or no discomfort. The leg is then wrapped with a bandage, which will be left on for 24 hours.

Please follow Post-op Patient Information:

Ambulatory Phlebectomy guidelines following your appointment. Do you have questions? If you have any questions or concerns about your Ambulatory Phlebectomy appointment, call our office at 207-221-7799. Your care and comfort is our number one priority.



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Post-op Patient Information: Ambulatory Phlebectomy

If you have undergone Ambulatory Phlebectomy at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment will help promote the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

Exceptional patient care is our first priority. If you have any questions following your appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

After Your Ambulatory Phlebectomy Procedure

Immediately after the procedure, your leg will be washed and dressed with a three-layer dressing. The dressing should be left on for 24 hours following the procedure. After this 24-hour period, the dressing can be removed, and only the compression stocking will be worn. Compression stockings should be worn for the first two weeks following treatment.

You may return to light daily activities following your procedure. It is recommended that you return to work 2-3 days after your appointment, and during that time, rest is recommended. Strenuous activity can be resumed 5-7 following the procedure.

After You Leave Our Office

Knowing what to expect after your appointment and understanding all recommendations and restrictions is important following Ambulatory Phlebectomy.

What to Expect

Following Ambulatory Phlebectomy, the treated leg is likely to drain fluid for the first 48 hours, and the dressing or compression stocking may feel slightly damp as a result. Patients can expect a moderate amount of bruising, swelling, and discomfort immediately following the procedure. Post-procedure discomfort is highly variable from patient to patient. Elevating your legs, applying heat, and taking ibuprofen as needed are all effective ways to ease most post-operative pain. If pain is persistent or becomes intolerable, call the Vein Healthcare Center at 207-221-7799.

Rx

Elevating your legs as much as possible is recommended following your Ambulatory Phlebectomy procedure. Also, it is very important to walk for 30 minutes each day for the first 2 weeks after your procedure. Walking can be done in short increments throughout the day that add up to 30 minutes, or it can be done all at once, whatever works best for your schedule.



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Restrictions:

Restrictions during the first five days following your Ambulatory Phlebectomy procedure include avoiding the following:

- Heavy lifting
- Hot tubs
- Strenuous physical activity while standing

Patients should feel free to exercise as long as their feet remain at or above the level of their heart.

Your Return Visit

It is important that you make a return visit to the Vein Healthcare Center 7 days following your procedure.

Do you have questions?

If you have any questions or concerns following your procedure or before your return appointment, please call our office at 207-221-7799. Your care and comfort is our number one priority.