

Tri-Cities Vein & Vascular Institute

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Phlebectomy – Varicose Veins

Phlebectomy of varicose veins is a procedure designed to remove the unsightly varicose veins commonly found on legs and occasionally on other areas of the body. The procedure involves making numerous incisions along the vein and removing or disrupting the vein. Injections of Lidocaine are used to numb the incision sites. We have found patient satisfaction with the procedure to be high as long as patient understands all the following important information about the procedure. All of these points will be addressed at your consultation, and we welcome any questions you may have.

1. The treatment of varicose veins of the lower extremities will require numerous small incisions that **usually do not** require a suture. The number of incisions will be determined at the time of procedure. Sutures or Steri Strips will be placed on all incision sites.
2. The incisions are performed with you lying down. You will feel some discomfort from the fine needle sticks, the number of which will be determined by the number of veins requiring treatment. The medicine may cause discomfort on injection. The patient may feel tugging or pulling as the vein is being removed.
3. There have been reported rare cases of allergic reactions to the medication. Do not hesitate to tell us if you feel faint or have any discomfort during your treatment.
4. The average treatment session takes approximately 60 - 90 minutes. The average time in the office is 2 hours.
5. Compression DRESSINGS will be put on your legs at the end of the procedure. You should leave this dressing on for 72 hours. Only take sponge baths. If you feel that the compression dressings are too tight and are cutting off circulation or falling off, please remove immediately and put on your compression STOCKINGS. After the 72 hours, you must wear the compression stockings during the day for 30 days.

SEE BACK SIDE

Before Surgery (At least one week ahead):

- Pick prescriptions from our office for the following: compression stockings (you should already have these but if you need a new pair), numbing cream, relaxation medication and pain medication.
- Sign Consents in office
- The patient **MUST** have someone take and pick you up from the procedure if you are taking the prescription medication. **WE RESERVE THE RIGHT TO CANCEL YOUR PROCEDURE IF YOU DO NOT HAVE A DRIVER.** The driver must check in with our front desk person.

Night Before & Day of Surgery:

- Bathe the Night Before and the Morning of the procedure with the Hibiscens .
- **Apply Numbing cream - 15 minutes prior to procedure**
- Take **relaxing medication** and **pain medication 1/2 Hour BEFORE** procedure. **(Bring medication with you to procedure)**
- **TAKE 2 OF THE PAIN MEDICATION & 1 OF THE RELAXATION MEDICATION 1/2 HOUR BEFORE YOUR PROCEDURE!**
- Wear or bring loose fitting **shorts**
- Bring your **Prescribed Compression Stockings**

After Surgery:

1. Make follow-up appointment for 3 months after your last procedure.
2. You may feel some slight discomfort in your legs for approximately a month or so after the procedure.
3. The veins will look worse before they look better. By this we mean that there will be some bruising that will decrease over approximately one month's time. Please refer to the Risks and Complications sheet provided to you.
4. In rare cases, the skin overlying the incision can be injured resulting in a scar.
5. Let the steri-strips come off by themselves, this usually takes 7-10 days.
6. The compression stockings **must be worn for 72 hours day and night** after the procedure then **just during the day** for one month.
7. Take "over the counter" or the prescription of pain medication, if needed.
8. The patient can resume normal activities. Please keep in mind: Avoid prolonged sitting and standing, pounding-type exercises, squatting, and heavy weight lifting for 72 hours after the procedure. Walking is encouraged after the procedure.
9. If there is a location on your lower extremity that we worked on during the procedure that is a point of concern, call the office and we will evaluate it, to contact our office 946-9707.
16. Your desired results should be achieved by 3 months.