



PHLEBECTOMY – Pre-Procedure Instructions

Please read this carefully and call us with any questions.

Transportation:

As you will be receiving a local anesthetic/and an oral sedative during surgery, you will not be able to drive home following the procedure. Please arrange for someone to drive you home. You will be in the office approximately 2 hours, with the actual procedure taking only about 1 hour.

Patient preparation:

- Do not take any aspirin products for 4 days prior to having the procedure. If you are on blood thinners (coumadin, plavix or Vitamin E) please notify us immediately so we can contact your primary physician to determine a course of action.
- Do not come to the office on an empty stomach, as you will not be having general anesthesia. Rather, we encourage you to have a small meal 1 to 2 hours prior to arriving at the office.
- Please bring prescribed Valium and Percocet with you to the procedure.
- Please wear sweatpants or other very loose pants to accommodate the ace bandage. You will have an ace bandage in place when you leave the office.
- You may have some discomfort following surgery. Some patients find it helpful to take a day or two off from work, although we expect you will be able to resume all your normal activities (including work) the following day, if necessary. We will provide a prescription for pain medicine to be used as needed. If you are having extreme discomfort or bleeding notify the office immediately

Key reminders:

- Wear loose fitting pants the day of procedure.
- Don't bring compression hose day of procedure
- Take prescribed medication upon arrival to the office - day of procedure.

Patient post-procedure activity:

- We would like you to continue to keep moving as much as possible, maintaining a normal level of activity.
For example, walking twice daily for 20 minutes is encouraged and promotes quick healing.
- An appointment will be made for a follow-up ultrasound a few days after the ablation procedure. Allow 30-minutes for this examination.

We welcome your call if you have any questions: 978-922-8346

Please review the Post-Phlebectomy Instructions on the following page.



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Following the phlebectomy procedure:

- You will have an ace bandage in place when you leave the office. Wear it until the afternoon of the second day following the procedure. You may then shower and put on the compression hose. Remove the hose at bedtime. Then wear it for the next ten days, removing it at bedtime.
- You will have 4x4 dressing and a gauze wrap at the insertion site that you may remove at your first shower. You will have strips of tape in place at the incision site.
- You may have some discomfort following surgery. We will provide a prescription for pain medicine to be used as needed. If you are having extreme discomfort or bleeding notify the office immediately.

Patient post-procedure activity:

- We would like you to continue to keep moving as much as possible, maintaining a normal level of activity. For example, walking twice daily for 20 minutes is encouraged and promotes rapid healing.
- The strips of tape at the incision site will fall off in 3 to 7 days and if they haven't fallen off by 7 days, you may remove them.
- Walking and taking pain medication as prescribed will help to alleviate the discomfort. Avoid prolonged sitting or standing in the same place for the first week, and elevate your legs at least 3 times a day for 5–10 minutes.
- We expect you to be able to resume all your normal activities (including work) the following day, if necessary. Some patients find it helpful to take a day or two off from work. However, avoid strenuous exercise such as aerobics, weight training, or running for 10 days.

Post-operative instructions:

Pain Medicine as needed: _____

Follow-up Office visit: _____

Again, we welcome your call if you have any questions: 978-922-8346