

The Vein Institute of Blue Bell

Fort Washington Radiological Associates

721 Arbor Way, Suite 103 • Blue Bell, PA 19422

Office: (267) 416-9534

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 to 3 hours 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. Although not required, we recommend that you take a mild sedative by mouth prior to the procedure.

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 must 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. 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. 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.
5. **Drink as much fluid as possible 24 hours prior to procedure.**
6. **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 an exam Gown.
2. 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.
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.

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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. The leg is then wrapped with a bandage, which will be left on for the rest of the day and can be removed in the evening prior to going to sleep.

If you have any questions or concerns about your phlebectomy procedure, please call our office at 267-416-9534.