

**Capitol Vein & Laser Accredited Surgery Center**  
**Microphlebectomy:**

**Pre-op Instructions:**

1. Compression hose are required after your procedure. You may purchase these at our office, or if you prefer, we will write you a prescription for these in advance.
2. Please take routine medications the day of your procedure, unless otherwise directed by your CVL physician.
3. You may consume food and fluids as normal before your procedure.
4. You may drive yourself to and from procedure appointment. Your leg will be wrapped in an ace bandage following your procedure. This does restrict knee motion slightly. If you are apprehensive about driving, arrange for a ride. Many patients drive themselves home after their procedure without difficulty.

**Post-op Instructions:**

Supplies you will need available when removing dressing:

2 towels	Trash bag	Phone	Band Aids
Gauze	Re-rolled Ace bandage		Compression hose
Post -op instructions sheet			Clear path to shower

1. You may remove the ace bandages and dressing 24 hours after the procedure.
2. Remove dressing on bed with leg elevated and supplies available. Place a towel under your leg while removing dressing. Unwrap dressing without pulling gauze that may be stuck to skin.
3. Lay down for 5 minutes after removing ace bandage to avoid dizziness. Sit up then stand up slowly. If no dizziness occurs, go to shower.
4. Direct pressure & leg elevation should be applied immediately if active bleeding occurs. Have supplies readily available.
5. After shower, gently towel dry. If sites are dry & intact, you may put compression hose on. If a site is moist or oozing, cover with band aid.
6. Wear support hose for 3 days and 3 nights after the removal of ace bandage. During this time, you may proceed with normal activities, excluding exercise.
7. Resume exercise/ vigorous activity 4 days after procedure.
8. Resume long distance travel 7 days after procedure.

**Call your CVL physician with questions or concerns:**

**Paul McNeill, MD: 301-748-1991**

**Garth Rosenberg, MD: 301-748-2058**

\*\*\* Please be advised that there is a \$100 fee for canceling or rescheduling a microphlebectomy without 48 hrs advance notice. Please contact us at 301-695-8346 if you need to reschedule your procedure. Thank you.