

Capitol Vein & Laser Accredited Surgery Center

Microphlebectomy: What to expect the Day Of your procedure

- Microphlebectomy is the removal of veins through very small incisions in the skin. Fine instruments and magnification are used to secure the veins for removal. Veins selected for microphlebectomy are bulging, enlarged veins under the skin that are abnormally dilated.
- Veins selected for treatment by microphlebectomy are generally not suitable for treatment with injection sclerotherapy because of size, location or skin transparency that would result in the veins being still visible after successful sclerotherapy treatment.
- Microphlebectomy is performed to remove medically significant veins as well as to achieve cosmetic and appearance goals (non medical) sought by our patients. When the veins are medically significant as determined by the clinical circumstances, we apply for insurance coverage for the service. Patients can have both medical and cosmetic indications for treatment.
- Microphlebectomy and sclerotherapy are generally employed after vein reflux, if present, is treated by VNUS Closure. Vein reflux is detected using ultrasound as part of your initial evaluation.
- On the day of your microphlebectomy the treated leg will be wrapped with an ace bandage which will restrict motion in your knee slightly. If you are apprehensive about driving, arrange for a ride. Many patients drive themselves to and from the appointment without difficulty.
- Please take routine medications on the day of your procedure unless directed otherwise. Notify your CVL physician in advance if you are taking blood thinning medication.
- Please eat a meal and drink fluids before your procedure.
- The procedure steps are as follows:
 - The veins to be removed are visualized and marked by your physician. Medical and/ or cosmetic goals are reviewed and the veins are selected.
 - Your observations as to the location of visible veins are appreciated.
 - Remember that some veins may be treated with sclerotherapy on subsequent visits.
 - The skin is cleaned with antibacterial solution (betadine) and sterile drapes are placed.
 - Numbing medicine is introduced along the veins. (Ethyl Chloride spray & Lidocaine injection)
 - Veins are removed through very small incisions without discomfort.
 - Occasionally additional numbing medicine is applied.
 - A pulling or tugging sensation is typical but not reported as painful.
 - A sensation of numbing medicine dripping down the skin during the procedure may be felt.
 - After the veins are treated, the leg is cleansed and dressed with ace bandages and support hose.
 - We will observe the dressing for a period of time after the procedure.
 - You will be asked to lay down with your legs elevated for approximately 10-15 minutes after the microphlebectomy treatment.
 - Additional dressing may be required if bleeding occurs.
 - Once the dressing is observed to be dry & intact for a period of time, the procedure is concluded.
- You may drive yourself home following the procedure. Or arrange for a ride.
- The ace bandage dressing is worn for 24 hours and compression hose are worn for 3 days and 3 nights. Compression hose may be purchased at our office, or we can write you a prescription for these in advance.
- Please contact your CVL physician with concerns or questions.

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Phlebectomy Pre & Post Instructions

PRE-OP INSTRUCTIONS

1. Compression stockings 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. If you take medication routinely, take them the day of the procedure unless directed otherwise. Notify us in advance if you are on blood thinners.
3. You may eat and drink normally before the procedure.

POST-OP INSTRUCTIONS

1. We will apply dressings and ace wraps after your phlebectomy. These should be left in place for 24-30 hours. After removing the dressings, shower and put compression hose on. The hose should be worn day and night for 3-7 days. You may remove them once daily to shower.
2. No heavy lifting for 72 hours (nothing greater than 40 lbs.)
3. No exercise for 3 days. Resume normal routine on day 4.
4. You may return to work in 1-2 days.
5. You may resume long distance travel in 7 days.
6. Follow up appointment to assess healing will be with your physician in 2-4 weeks.
7. For pain management, you may take extra strength Tylenol or Motrin as directed on package.
8. It is normal to experience localized numbness around the procedure area. This is temporary and will resolve with time.

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