

La Jolla Vein Care Ambulatory Phlebectomy Before Treatment Instructions

What is a Phlebectomy?

Micro-Phlebectomy involves using a scalpel to make tiny incisions along the legs to remove the veins. This is performed with a local anesthesia that is used to numb the skin of the leg. This procedure may take 1 to 2 hours, depending on the extent of the individual's varicose veins. Return to normal activities after the procedure is possible. There will be significant bruising with this procedure. The benefit is that the veins are removed immediately, although it may take several weeks for the bruising to resolve.

Preparing for your Procedure:

There are no medication restrictions before the procedure. If you have asthma, please bring your inhaler with you to your appointment or your doctor may have recommended to take an antihistamine such as claritin prior to the procedure. You should take this the morning of your treatment.

Please notify our office if you are scheduled to have any type of medical procedure or surgery 2 weeks prior or after your treatment.

If you choose to take the light sedative offered, be sure to make arrangement for transportation to and from the procedure, as you will not be able to drive yourself home. The morning of your procedure, please shower and thoroughly wash your leg with soap from your groin to your ankle and wear loose fitting pants to your appointment. It is also advised for you to bring an extra pair of underwear with you to your appointment. It would be best if you have a light meal before you arrive. You may bring a book or an iPod to listen to during the procedure. We also offer a movie to watch during the procedure. If you already have 30-40 thigh high compression stockings, please bring them with you to your appointment. If not, we will fit you for stockings the day of your procedure.

We have set aside time for your procedure and should you need to reschedule we would appreciate at least a 48-hour courtesy notice. **Please Note:** We must open sealed medical supplies and set up for your procedure prior to your arrival. Should you be unable to make your appointment on the day scheduled, a tray charge of \$150 may be charged, as the supplies cannot be re-used. If you need to cancel or reschedule please call our office main line number- **(858) 550-0330**.

If you have any questions or concerns about Compression Stockings, Before Treatment or After Treatment please call our office at **(858) 550-0330**. This line will be checked frequently throughout the day and your call will be returned in a timely manner.

By signing at the line provided, I understand the before care instructions for the Ambulatory Micro-Phlebectomy.

Patient Name

Patient Signature

Date

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