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PATIENT: Candy Test

ACCOUNT: 379655

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**VEIN PHLEBECTOMY**

Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has scheduled you to have a vein procedure.

* Cardiovascular Medicine - Davenport Office – 2nd Floor
* Cardiovascular Medicine - Moline Office

**Procedure Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_

* Please read these instructions carefully. Failure to follow these instructions may require the procedure to be rescheduled.
* **Each time** **a patient misses an appointment without providing notice, another patient is prevented from receiving care. We ask that you please give at least a 24-hour notice if you are unable to keep your appointment. If you do not keep your appointment and do not notify us in advance, a $200 charge will be assessed to your account. This charge must be paid prior to rescheduling.**
* If your insurance has changed since the time your test was scheduled, please check with your current insurer to see if test pre-certification is required.

**BEFORE YOUR PROCEDURE**

* Please drink at least 24 ounces of water 2 hours prior to the procedure.
* Do not eat solid food 4 hours prior to the procedure.
* Hold water pill (if prescribed) and any of the following medications the day of your procedure: (All other medications may be taken as prescribed.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Please shave the entire leg well into the groin.
* Wear loose, comfortable pants or shorts.
* You may not be able to drive home. Please arrange for someone to drive you home.
* Additional instructions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you need to reschedule or have any questions regarding these instructions, please call our office

* Illinois: 309-743-6700; extension: \_\_\_\_\_\_\_\_\_\_
* Iowa: 563-324-2992; extension: \_\_\_\_\_\_\_\_\_\_\_

**ABOUT YOUR PROCEDURE**

**WHAT IS A VEIN PHLEBECTOMY?**

A Vein Phlebectomy is a procedure used for the removal of large ropey varicose veins. This is a surgical procedure where tiny incisions are made directly over varicose veins and the vein is removed in specific sections. These incisions are very small and are not usually associated with a lot of pain. Phlebectomy should not be confused with the traditional method of removing varicose veins called “vein stripping.”

**PREPARING FOR YOUR PROCEDURE**

Shave your entire leg well into the groin the day of or the day before the procedure. You will not be able to shower for 24 hours post procedure because of the leg wrap. On the day of your appointment wear loose, comfortable pants or shorts.

We recommend that you plan to have someone drive you home post procedure. The procedure may take 1-2 hours to complete. *Please note that your procedure time could be delayed from your scheduled time.*

**AT YOUR PROCEDURE**

A member of our staff will escort you to an exam room. You will be asked to remove your pants, shoes and socks, and your leg will be cleaned and prepped with an alcohol based cleaner. Your physician will examine your legs and re-identify the veins requiring treatment. It is normal to feel some slight discomfort during the procedure. Steri-strips and a compression wrap will be applied to your leg to aid healing. It is normal to have some bruising at the incision sites for 2-3 weeks.

Blood flow will be naturally redirected to healthy veins as the recovery process begins.

**AFTER YOUR PROCEDURE**

After your procedure, your leg will be wrapped with a compression wrap. This wrap should be worn continually for 24 hours after your procedure. After 24 hours, remove the wrap and wear your compression stocking during the day for 2 weeks. You may take your compression stocking off to sleep and shower.

You are encouraged to walk immediately after the procedure and can resume normal activities after 2 days. It is important to walk at least 10 minutes for every hour you are sitting/resting on the day of the procedure and over the next several days.

There are no stitches used during the procedure. Steri-Strips are placed over the incisions and will fall off over time. Occasionally the Steri-Strips will fall off when showering. This is not a cause for concern. You may shower using a mild soap and gently pat dry the Steri-Strips with a clean towel. No bathing or soaking the leg is allowed until 7 days after the procedure.

Avoid prolonged periods of sitting or standing, running, straining, strenuous activity, and heavy lifting of more than 10 lbs. for 2 weeks following the procedure. After 2 weeks you may slowly return to more vigorous activity.

Some soreness, discomfort, bruising, swelling, and tenderness following the procedure is normal and should be expected.

If soreness and tenderness occurs, it can be treated with a few simple steps such as:

* Resting the treated leg.
* Taking ibuprofen (Advil, Motrin) or acetaminophen (Tylenol).
* Applying hydrocortisone cream or Aspercream with lidocaine to reduce pain and inflammation.
* Icing the area for 15-20 minutes as needed.

**Do not use heat.**

If your pain or discomfort is not relieved by over the counter medications and ice, please contact our office.

Watch for signs of infection, which include redness, elevated temperature, or discharge from the incision site. If you have signs of infection, shortness of breath, swelling in the treated limb, or severe pain that prevents you from returning to normal activities please call our office immediately.