

Advanced Vein and Vascular Center
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PREPARING FOR MICROPHLEBECTOMY (EXCISIONS OF VARICOSE VEINS)

Please plan to arrive 10-15 minutes prior to your scheduled surgery time.

The following information will help to make your procedure a pleasant experience:

BASIC INFORMATION REGARDING THE PROCEDURE

- Receive a copy of the handout *Microphlebectomy: What to Expect (on reverse)*.
- The procedure is performed in a specialized treatment room in the office using sterile technique and takes approximately 1 hour
- Local anesthesia is given under the skin in the areas to be treated.
- There is minimal discomfort.
- Tiny incisions are made into the skin in the areas where the veins will be removed. They are closed with Steri-strips. There are no sutures (stitches) used.
- Your treated leg will be wrapped with an elastic bandage which will be kept on for 24 hours. The next day, the elastic bandage and gauze pads are to be removed and replaced with compression hose. The compression hose will be worn constantly for 4 more days. You cannot get the incision sites wet during this time. (A plastic leg cover is available for sale in this office.)
- Before the procedure, you will change into a pair of disposable shorts. Your leg will be completely prepped with iodine solution. Wear an old pair of underwear that you don't mind disposing of after the procedure and bring a second pair to change into afterwards.
- The purchase of prescription-strength, thigh-high compression hose, which is placed on the treated leg 24 hours after the procedure, is highly recommended over the use of a regular elastic bandage. Insurance does **NOT** cover the cost of compression hose. This office supplies this item at a cost less than outside suppliers. This is purchased (cash, check or credit card) on the day of the procedure.
- Σ **Dr Carabasi recommends the use of Arnica to reduce bruising from the procedure.** This can be purchased through our office and is taken under the tongue three times a day. Please begin taking it two days prior to your surgery date.

DURING THIS OFFICE VISIT

- Make an appointment for the procedure on a day with minimal or no other commitments.
Appt. date: _____ Time: _____ (LEFT LEG) Appt date: _____ Time: _____ (RIGHT LEG)
- Make an appointment for an office visit with Dr. Carabasi
which will be 1 week after the procedure to have the steri-strips removed.
Appt. date: _____ Time: _____ (LEFT LEG) Appt date: _____ Time: _____ (RIGHT LEG)

ONE WEEK BEFORE THE PROCEDURE

- Stop taking Aspirin or ibuprofen (eg: Advil, Motrin, Naprosyn, Aleve). Tylenol (acetaminophen) is okay!

ON THE DAY OF THE PROCEDURE

- Wear loose slacks or a skirt.
- Do not use any lotions or creams on your leg this day.
- Eat and drink as normal.
- Have someone drive you.
- A Valium will be provided by our office if necessary.

IMMEDIATELY AFTER THE PROCEDURE

- The treated leg will be wrapped with an elastic bandage. You will be asked to rest your leg for 1-2 hours.
- A prescription for a stronger pain medication (usually not needed) will be given.
- Home care instructions will be given and reviewed with the nurse.
- An appointment for the 1 week follow-up visit will be confirmed.
- You will need to refrain from heavy leg exercise and heavy lifting for approximately 5-7 days.