



Scheduled Surgery: Leg Phlebectomy **Procedure Date:** **Procedure Check in Time:**

Surgery Preparation:

Pre-Operative Preparation:

- Have blood work drawn at a minimum 3 days prior to procedure. Contact our office to arrange to have drawn here or to obtain a lab order.
- Hold Aspirin and **Xarelto 2.5mg** on the day of your procedure only.
- Stop all other blood thinner medications (including higher dosages of Xarelto) 3 days prior to the procedure. If you are unsure, call our office for clarification.
- If you are checking in prior to 12pm then **Nothing to eat or drink after midnight the night before.**
- If you are checking in after 12pm **then you can have clear liquids after midnight up until 8:00 am the morning of your procedure.** This includes water, Jello, tea, or coffee without cream/creamer. **NOTHING by mouth after 8:00 am.**
- Arrange for someone to drive you to and from your appointment. Plan to be at the facility for 2-3 hours.
- Wear loose fitting clothing to your procedure.
- Ensure that you have compression stockings available at home.

******Below are general discharge instructions however, if applicable you will be sent home with instructions more specific to the type of sedation received and your individual recovery. ******

Ambulatory Phlebectomy Discharge Instructions

CARE OF YOUR INCISION SITE

- Leave compression bandages on for 48 hours after the procedure. Ok to shower after 48 hours or after 24 if the dressing becomes saturated.
- Compression stocking should be worn for an additional 5 days (not at night) following the first 48 hours. It is important to wear the stocking to help with healing. Consider wearing compression stockings during the day long term. Remember, the more you wear your stocking, the better your results will be and with fewer complications.
- Leave steri-strips in place until they fall off. This will reduce scarring.

ACTIVITY

- Walk frequently with periods of resting and elevation of the legs.

- Avoid prolonged periods of sitting or standing to reduce the risk of blood clots.
- After 48 hours, you may slowly progress back to routine activity.
- Avoid heavy lifting (more than 20 lbs.) running, straining, or other vigorous activities for at least 1 week following the procedure.
- Limit sitting to 2 hours at a time if traveling within 2 weeks of your procedure and wear compression stockings.

HOME CARE FOLLOWING THE PROCEDURE

- Lumps around the incision are normal and will typically resolve in a few months.
- It is normal for these incisions to weep blood or fluid for the first few days.
- Apply ice packs over the treated area for 10 minutes at a time, 3-4 times a day for the first two days.
- After the first 2 days, you may apply heat for 20 minutes, 3-4 times per day. This will help with healing.
- If tolerated, we recommend taking an anti-inflammatory (i.e., Ibuprofen 800 mg 3 times a day OR naproxen 500 mg 2 times a day) for one week. If you take Coumadin or another blood thinner, we may recommend a different medication.
- Once incisions have healed apply sunscreen to incisions whenever you are out in the sun as this will help prevent scarring.

CALL US IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING

- Fever
- Bleeding
- Sudden increase in redness, bruising, swelling, or unusual drainage from puncture site(s) or IV site(s),
- Persistent pain not managed by anti-inflammatories

FOLLOW-UP CARE

- Follow-up appointments are very important. We will call you the following day to check on you post procedure. You will have a 12-week follow-up ultrasound and an office visit. If any concerns arise before that appointment, simply call us!

Call KCVI at 913-529-8600 for any additional concerns.