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PATIENT INFORMATION SHEET **AMBULATORY PHLEBECTOMY**

BEFORE YOUR TREATMENT APPOINTMENT:

- Bring your compression stocking to all appointments. If, while wearing your compression stocking, the color of your toes becomes blue or your leg becomes numb, the compression stocking is too tight and must be removed immediately. Call our office if this occurs.
- Exercise three times a week (walking is fine.) Elevate your affected leg(s) at night.
- For the 7 days before your procedure do not take aspirin, Vitamin E pills, fish oil, flax seed, and all herbals or home remedies, unless otherwise advised by your Vein Center physician. If you are on other anticoagulant or antiplatelet medications, such as Plavix or Coumadin, you will be given specific instructions on the use of these medications before your procedure. Multivitamins are OK.

THE DAY OF TREATMENT:

- The day of your procedure, shower and wash your legs thoroughly, but do not shave your legs. Do not apply any other cream or lotion to your legs.
- Apply the numbing cream to your legs as directed 1 ½ hours prior to the procedure and then wrap your leg in Saran wrap (plastic food wrap).
- If you were given a prescription for Xanax (alprazolam), take as directed 1 hour prior to the procedure.
- If you were given a prescription for Motrin (ibuprofen), take one pill 1 hour prior to the procedure, with food.
- Please wear loose clothing and remove all foot and toe jewelry.
- Your leg will be prepped from groin to foot. Please note prepping solution may stain undergarments.
- Do not drink excessive amounts of fluids before the procedure.
- Take all daily medications with the exception of those listed above.

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AFTER YOUR TREATMENT:

- Immediately after the procedure, your treated leg will be placed in the compression stocking. This must stay clean and dry. A small amount of oozing is normal.
- Wear the compression stocking continuously for the first 24 hours without removing. Then **wear the stockings for the next 4 days**, except while sleeping or showering.
- At the end of the first 24 hours, remove the ace wrap and gauze bandages. Then you may shower. Do not remove steri-strips, they will fall off gradually and should be left in place until your follow up. Do not scrub over steri-strips when showering.
- You may continue your normal activities. You may return to work the same day. The first week, **walk 5 minutes every two hours while awake**. Avoid standing in one place for long periods of time. No heavy lifting (over 20 pounds) or strenuous physical exercise, including running or high impact exercises, for 7 days following your treatment. No tub baths, swimming or jacuzzi for 7 days.
- **Avoid air travel for two weeks after the procedure.** Long car trips should also be avoided. If travel is unavoidable, please call our office.
- Today, continue the prescription medication **Motrin** (ibuprofen) one pill, every 8 hours with meals, every day for 5 days. This medication minimizes any inflammation or discomfort you may have after the procedure. Do not take Aspirin, or other NSAIDS (including Advil or Aleve), unless otherwise directed. If you are having pain while using Motrin, you may also take **Tylenol** one pill every 8 hours in addition to the Motrin. If you get stomach discomfort from the Motrin, take Pepcid, one pill twice a day. If you cannot tolerate Motrin, please call our office.
- Take any other medications prescribed by your physicians.
- If you have any questions or concerns, contact our office anytime. Our staff is available to assist you. During the day (8 am to 5 pm), Monday through Friday, call 860-229-8346. Any other time, please call The Hospital of Central CT, Radiology Department, **860-426-8116**, and ask for the Interventional Radiologist on-call.