



MICROPHLEBECTOMY - PATIENT INSTRUCTIONS

About your procedure:

- Microphlebectomy is a minimally invasive procedure to remove varicose veins through tiny incisions.
- Microphlebectomy is used for veins too large for sclerotherapy but too small for endovenous ablation.
- Using local anesthesia, a specialized hook extracts the varicose vein through tiny incisions.
- Your body will naturally absorb the treated vein; blood will reroute to healthier veins.

Before your procedure:

- Shower prior to arrival and abstain from applying lotion to the treatment areas on procedure day.
- Wear loose comfortable clothing and footwear. Bring your compression stockings.
- Eat a healthy, nutritious meal. Hydrate well and avoid or minimize caffeine consumption.

After your procedure:

- Wear compression (office bandage or personal stockings) for 24 hours.
- Walking is encouraged. Walk for 10-20 minutes daily until your follow-up appointment.
- You may resume normal daily activities, but avoid strenuous lifting and exercise for 1 week.
- Elevating your legs for 5-10 minutes every 1-2 hours is beneficial.
- Avoid flying, long car trips, swimming, and hot tubs for 1 week. Discuss travel plans with your provider.
- You can shower the day after the procedure, but avoid prolonged submersion of treated legs for 5 days.

What to expect following your procedure:

- Bruising, tenderness, soreness and mild to moderate symptoms are common following procedures.
- Treated veins may occasionally harden or inflame (phlebitis). This common, painful issue is treated with warm compresses, OTC pain relief, and comfortable compression.
- Use Tylenol and Ibuprofen for symptoms of pain or discomfort.
- Soreness, similar to muscle soreness, can occur 1-2 weeks following the procedure.
- You should follow up approximately 2 weeks following your last procedure.
- Areas of phlebitis, discoloration and bruising can be treated with lotions containing arnica.