

Miniphlebectomy

Stab Avulsion (MINIPHLEBECTOMY): Term used to describe the removal of varicose veins through multiple stabs (small punctures). It is performed on ambulatory, outpatient basis on patients using local anesthesia. The incisions do not require sutures. A compression wrap dressing is applied to the surgical site.

Risks: Bleeding, infection, skin discoloration, swelling, numbness, tingling and pain.

Preparation for Surgery

1. Eat normally and wear loose, comfortable clothing.
2. Shave your leg but do not apply lotion or oils the night before or the morning of the procedure.
3. You may drive yourself to and from the office.
4. Avoid aspirin, medications containing aspirin, or any blood thinning medications for 3 days prior to the procedure and 24 hours following the procedure.
5. Do not wear any jewelry on your leg or foot.

Post Operative Instructions

Activity: This will be determined by how your leg feels. You can sit, stand, walk, drive your car, and pursue normal activity. Your legs may be tired for a few days after your procedure. If so lie down and elevate them above your heart level. Jogging, aerobics and weight lifting should be avoided for 5 days after the procedure.

Bandages: It is normal to have drainage that is tinged with blood from the procedure site. A bandage and compression wrap will be applied to your leg afterwards to help decrease swelling, increase the rate of healing and absorb the drainage. Bandages need to be removed after 48 hours. Skin tapes will be placed over the stab sites and can be removed after 5 days. For excessive bleeding, elevate your leg, apply gentle pressure, re-bandage and contact the office if it does not stop after 30 minutes.

Bruising/Swelling: It is normal to have bruising and swelling with any surgical procedure. The bruising will be more apparent in 2-3 days and can last for 7-10 days. Lumps will develop at the stab sites due to the formation of scar tissue. Massaging these areas will help them go away.

Medication: Advil or Ibuprofen will ease the inflammatory process; take _____ -200mg tablets 3 times a day for 1 week. For pain not relieved by the Ibuprofen you may take Tylenol, (Regular or Extra-Strength) 1-2 tablets every 4-6 hours in addition to the Ibuprofen. If this does not relieve your pain please call our office.

Bathing: After the bandages and elastic wrap are removed showering and bathing are permitted. Wash the procedure site with soap and water, rinse and dry well.

Follow Up: A phone call will be made to check on you after the procedure. Follow up appointment will be in 2 weeks. Additional procedures may be scheduled at this time.

Your first operative appointment is: _____@_____.

Please call (512) 395-8770 if you have any problems.