

**Vein Centers of Connecticut
23 Cedar Street
New Britain, CT 06052
(860) 229-VEIN (8346)**

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.
- Wear your compression stocking daily for 6-12 weeks. Exercise three times a week (walking is fine.) Elevate your affected leg(s) at night.
- For the 5 days before your procedure do not take aspirin, Advil, Motrin, ibuprofen, or other non-steroidal anti-inflammatory, Plavix, Coumadin or other anticoagulant medication, multivitamins, Vitamin E pills, fish oil, flax seed, and all herbals or home remedies.

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 EMLA cream to your legs as directed.
- 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:

- Make arrangements to have someone else drive you home after the procedure. You may resume driving tomorrow. You may drive yourself to your follow up appointments.
- 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 day without removing. Then wear the stockings for the next 7 days, except while sleeping or showering.
- At the end of the first 24 hours, you may shower. Do not remove steri-strips, they will fall off gradually and should be left in place for 1 week. 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 hour while awake**. Avoid standing in one place for long periods of time. No aerobics, heavy lifting (over 20 pounds) or strenuous physical exercise 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, start the nonprescription medication **Aleve** (naprosyn) two pills, twice a day with meals every day for two weeks. Aleve minimizes any inflammation or discomfort you may have after the procedure. Do not take Advil, Aspirin, Motrin, or Tylenol unless otherwise directed. If you get stomach discomfort from the Aleve, take Pepcid one pill twice a day.
- 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, **860-224-5556 option 1**, and ask for the Interventional Radiologist on-call.

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