

**VEIN CENTER OF CENTRAL CONNECTICUT**  
**23 Cedar Street**  
**New Britain, CT 06052**  
**860-229-8346 (229-VEIN)**

## **PATIENT INFORMATION SHEET**

### **PHLEBECTOMY**

#### **BEFORE YOUR TREATMENT APPOINTMENT**

- Bring your compression stocking to all appointments. If the color of your toes becomes blue, the compression stocking is too tight and must be removed immediately. Call 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, Vitamin E pills, herbals or home remedies. Multivitamins are OK.
- Your vein treatment is scheduled for \_\_\_\_\_ and your 1 day follow-up appointment for bandage change \_\_\_\_\_.

#### **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 cream or lotion to your legs.
- 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. Please bring an extra pair of underwear.
- Do not drink excessive amounts of fluids before the procedure.
- Take all daily medications with the exception of those listed above.

#### **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 2 weeks, 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 at least 15 minutes at least three times a day. **Do not stand or sit in one place for more than one hour.** No aerobics, heavy lifting (over 20 pounds) or strenuous physical exercise for 7 days following your treatment. No baths, swimming or jacuzzi for 7 days.
- Take any medications prescribed by your physicians. 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. If you get stomach discomfort from the Aleve, take **Pepcid** one pill twice a day.
- 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 New Britain General Hospital, Radiology Department, **860-224-5556 option 1**, and ask for the Interventional Radiologist on-call.