

PCI Medical Pavilion
202 10th St. SE, Suite 225
Cedar Rapids, IA 52403
800/982-1959 or 319/364-7101

Jones Regional Medical Center
1795 Highway 64 East
Anamosa, IA 52205
800/982-1959 or 319-481-6213

Regional Medical Center
709 W Main Street, Suite 100
Manchester, IA 52057
800/982-1959 or 563/927-2855

Unitypoint.org/cardiologyclinic

Ambulatory Phlebectomy

Overview

Ambulatory Phlebectomy is an office procedure performed to remove large surface varicose veins through tiny skin punctures. It leaves minimal scarring and is performed under local anesthesia. There is very little discomfort and no stitches are required.

Discomfort

You may experience minimal discomfort after the procedure which may be relieved by anti-inflammatories and leg elevation.

Expectations

Plan to be at our office for two to four hours. This is dependent upon the number of varicosities to be removed.

Your leg will be wrapped with gauze and ace wraps for 1-2 days post-procedure. On the third day you will remove the wraps. Plan to relax and elevate your affected leg intermittently with periods of walking for the two days after your procedure.

PRE-PROCEDURE INSTRUCTIONS

- **Driving** - Ambulatory Phlebectomy is performed in our office under local anesthesia. You will receive medication to help you relax, so please make arrangements for a driver to take you home. Bring pillows in the car for the ride home. You must elevate your affected leg in the car to minimize bleeding risks.
- **Food and medication** - Minimal food or drink is recommended the morning of the procedure to enhance absorption of the medication. A light breakfast or snack is acceptable. Take your normal medications. If your procedure is scheduled in the afternoon, a light lunch is acceptable.

If you are on a blood thinner, notify us immediately so we may speak with your primary physician and determine a course of action.

- **What to Wear**-Wear loose-fitting, comfortable clothing.
- **Other Instructions**-Prior to the procedure maintain a standing position as much as possible for 2 hours prior to arrival. This will help to increase the circulation to your legs, thus increasing the ease of the procedure.

Appointments:

Date: _____

Time: _____

- You will have a three-day follow-up appointment to recheck the affected leg.
- If you need to cancel or reschedule your procedure, please contact us within one week of your scheduled appointment

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POST-PROCEDURE INSTRUCTIONS

After the procedure, you may resume normal activities with the following exceptions and suggestions.

- **Immediately Following the Procedure**-After the procedure, keep your leg elevated as much as possible until bedtime. You may use the restroom or get up to eat. If your toes turn blue and/or feel numb, loosen the wrap and reapply. If this doesn't improve, call the office. If bleeding soaks through the bandage, keep the leg elevated and apply firm pressure for five to ten minutes or call the nurse. Keeping your leg elevated above the level of the heart will minimize the risk of bleeding.
- **Bathing**-Keep the dressing dry. Do not shower or get the dressing wet. You may shower after the bandages are removed. No baths or soaking in water for two weeks. This includes swimming pools, hot tubs, and lake or river water exposure. Avoid UV rays for four to six weeks after procedure.
- **Pain Management**-You may experience discomfort or pain after the procedure for up to several weeks. An over-the-counter anti-inflammatory medication is recommended. You may also be given a prescription for a pain medication.
- **Activity**-Tomorrow, start walking 4-5 times a day for 10 minutes and alternate with intermittent elevation. The next day, increase walking to several times a day with intermittent elevation. Gradually increase activity as tolerated. No weight lifting with the affected leg for 2 weeks. No running or vigorous aerobic activity for two weeks.
- **Bandages**-Bandages will remain on for two to three days after the procedure. You may then remove the bandages and shower. If steri strips are applied, do not remove the strips. It's okay to get these wet. They can be removed as they begin to fall off. If necessary, reapply a small bandage such as a band-aid or gauze.

Insurance

Check with your insurance company prior to your procedure to assure your Ambulatory Phlebectomy procedure is a covered benefit with your plan. This will be billed as an office procedure. Please ask they quote your financial responsibilities.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.