

STAB PHLEBECTOMY

Your treatment is scheduled for _____ at _____

Your follow-up is scheduled for _____ at _____

BEFORE STAB PHLEBECTOMY

- Do not shave or use lotion on your leg(s) to be treated 24 hours prior to the procedure to minimize irritation to the skin.
- Please refrain from tanning or sun exposure for 4 weeks prior to stab phlebectomy. If your skin is tan, it is difficult to see your smaller varicose veins, which increases the difficulty of the procedure.
- Please bring your compression hose with you to your appointment.
- Please leave the Steri-strips in place for 7 days following your procedure. If they fall off by themselves prior to 7 days, that will be okay.
- If larger veins were treated, and if compression hose were prescribed for you, then please continue to wear these hose during the day. You may remove them at night. Please wear these hose faithfully for at least 4 – 6 weeks. You will have better results if compression is used.
- If you have minor discomfort, Tylenol or Advil may be taken as directed.

AFTER STAB PHLEBECTOMY

- You should not return to work the day of or the day after this procedure is done. You should be able to return to work 2 days following your procedure.
- Please keep your treated leg(s) elevated for the rest of today and tomorrow. You will have better results if you keep your ankle(s) higher than your hip(s).
- Please leave the Ace wrap(s) in place for the rest of today and tomorrow. You will have better results if there is a constant compression on the treated veins, as the Ace wrap(s) will give.
- Please wait to take a full shower until tomorrow evening, when you are allowed to remove the Ace wrap(s).
- Please refrain from tanning or sun exposure for 6 weeks after the procedure. If you tan your skin within this time frame, there is a risk of increased scarring at the incision sites.
- Please refrain from high impact exercise (i.e aerobics, running) for 4 weeks.
- Please refrain from using a hot tub for the first week after treatment.
- Please refrain from long plan trips or car rides for 4 weeks.

OVER >

WHAT TO EXPECT AFTER STAB PHLEBECTOMY

- The area around the treated veins will become red and appear irritated. There will also be some bruising and possibly a small amount of drainage around the incisions. This is normal and will resolve in 7 – 10 days.
- It will take 6 – 12 weeks to have noticeable improvement of the treated veins as compared to before the procedure.
- If increased swelling or redness occurs, please call our office at 515-875-9090.
- Up to ten percent of patients experience recurrence of veins in the treated area.

IMPORTANT

It is important that you know and understand your insurance company's guidelines regarding coverage of this procedure. If you have any questions regarding this, please contact your insurance company directly.

If you have any questions, please feel free to contact our office at 515-875-9090.