

Alabama Vein & Restoration Medspa

ENDOVENOUS SAPHENOUS VEIN ABLATION AND MICROPHLEBECTOMY

POSTOPERATIVE PATIENT INSTRUCTIONS

Day of Surgery:

- You will be taken from the operating room to the post-operative area where you will meet with your family. You will be awake but will be quite sleepy in most instances. We will provide for you crackers and a soft drink to help you with your recovery. If you feel a little nauseated or uncomfortable in any manner, please notify our nursing staff right away so that we can help you.
- After you leave the vein center, you will travel home. If you are not nauseated, you may drink and eat a little food by means of a drive-thru restaurant. Do not try to walk into a restaurant as you may faint or have difficulty walking due to your sedation.
- You may travel quite long distances in your car to return home. We recommend no further than between 1 hour to 2 hours, stopping to move around a little bit and perhaps eat a little food before reaching home. If you live quite a long distance, you may wish to remain in a nearby hotel. Please feel comfortable to rest and relax on the day of your operation. Your leg is wrapped to provide firm compression so that you do not need to elevate your leg except for specific situations.
- We recommend that you do not put heavy weight on the treated leg on the day of surgery. You may touch your foot to the floor for balance and may place a small amount of weight. Using a crutch or a walker or similar support is often helpful but not mandatory.
- Before you are discharged home, you will receive your compression stockings, prescriptions, and be given an appointment to return for a follow up examination with ultrasound. This is to make sure you are recovering normally.

Day after surgery:

- You will get a call from our staff the day after surgery to check on you. If at any time you have any questions, please feel free to call our nursing staff or our doctor. The telephone numbers are listed below for your easy access. You may call the doctor at any time day or night.
- The day after surgery, you may walk on your treated leg normally. Your leg will be tender, but no harm can be caused by your walking. We do not recommend vigorous exercise for two weeks, after which you may resume some type of limited exercise. You will find some discomfort in your leg while trying to exercise. We recommend you do not force the exercise program but do what you wish as long as you do not have pain. For additional information please ask your doctor.
- The morning after your procedure, you may remove the dressings at home. Many times bulging and ropey varicose veins will be removed with very small needle micro-punctures. Small steri-strips will be placed over the micro-puncture sites, no sutures are placed at these sites. You will simply leave these steri-strips in place and may shower over your leg. These small steri-strip band-aids will roll off after 7-10 days, if not we will remove them when you return to our clinic.

- Once your wraps have been removed and you shower, you will put on your thigh high compression stocking. We require that you wear these stockings during the daytime for the next two weeks. Compression hose will keep the treated veins in a collapsed state and allow more rapid healing. Often you will not have as much bruising or discomfort while wearing the compression stocking. Feel free to continue to wear compression hose after two weeks.
- Post-operative pain is usually quite minor. If possible, please be sure to take Ibuprofen 400 mg to 600 mg two to three times a day for at least two weeks. It will relieve your discomfort most of the time. You may receive a prescription for pain medication. This prescription is a narcotic and you may choose not to have this filled. You will find that the second week after your procedure is often associated with a little more tenderness in the inside of your thigh. This is simply due to the increased inflammation and is part of the normal healing process. Please continue to take the Ibuprofen until you no longer are having discomfort. You also may use an ice pack in the morning and a heat application in the evening to minimize any discomfort. Ice will help control the inflammatory reaction and heat will help the vein begin to dissolve away more rapidly. Most importantly, taking some type of anti-inflammatory medication will be very beneficial.

Weeks after surgery:

- Avoid soaking in hot tubs or spas for at least six weeks after surgery or cleared by your doctor.
- The inside of your thigh, and/or the back of your calf, may become red and tender during the first 2 weeks after surgery. The second week is often more intense than the first. This is the body's normal inflammatory response to the successfully closed vein. You will note that your leg and foot will swell somewhat for the next couple of months. Usually two months to four months are required during the healing process before swelling tends to diminish.
- You may develop painful lumps which are closed varicose veins or blood which has collected under the skin. These lumps will become tender and are often a concern to our patients. These changes are also normal and are a good sign of a successful treatment. These lumps will completely disappear over the next couple of months.
- Skin numbness is a fairly common postoperative occurrence, noted on the inside of the thigh, sometimes on the front of the calf, and sometimes all the way down to the foot. Skin numbness is a minor problem due to close proximity of the origins of some of the skin nerves to the treated vein. In almost every case, the nerves tend to reawaken or simply grow back. Return of skin sensation most often occurs at least within one year. These nerves have no motor function and therefore are simply an annoyance due to the numb feeling at certain spots.
- Although your leg vein circulation has been corrected and restored to normal, we still recommend that you wear compression stockings when you travel distances longer than one hour. If you travel by airplane, wearing compression stockings are particularly helpful to prevent you from developing leg vein blood clots.
- Once you're home, please feel free to call our office or Dr. Hunt's cellular phone if you have any concerns. Most of the time of you will be answered directly, if not your call will be returned in a very short time.

Alabama Vein & Restoration Medspa (205)823-0151
 Toll Free Phone Number (877) 268-VEIN
 Dr. Hunt (Cell Phone) (901) 482-9739
 Sylvia Eldridge, PA-C (205) 515-7182

Vein Treatment and Surgery: common questions and answers

1. **Who is performing the surgery and treatment?** Our doctors always perform the major procedures to correct leg vein abnormalities. Each doctor is board certified and is trained specifically to perform the latest vein treatments. Our physician assistant and medical staff members are all expertly trained to assist and to help perform many of the minor procedures as well.
2. **Are the procedures painful?** Our patients are provided “conscious sedation”, which means you will rest comfortably during the major vein procedures, you will have minimal discomfort.
3. **What are the names of the operations performed?** **Endovenous laser ablation of the incompetent saphenous veins** = laser energy treatment to close the leaking vein permanently. **Micro-phlebectomy** is the removal of large bulging ropey veins through very small micro-punctures in the skin. **Sclerotherapy** is the injection of small spider veins with a very safe and sophisticated sclerosant solution. The needles used are very small. The procedures are most often performed at the same time during your sedation.
4. **Where does the blood flow go if these veins are removed?** Our legs have numerous veins which “take up the slack” to allow normal blood flow. The nearby muscle veins accommodate the extra flow, and these veins are normal. Therefore the congestion is relieved and the vein circulation is restored back to normal.
5. **Does bleeding occur during the procedures?** During most of the procedures, there are no incisions. The laser fiber is inserted through a catheter which is positioned with only a needle stick. Large veins are removed through very small micro-punctures. Vein pressure is very low and bleeding is minimal.
6. **What if I am on a “blood thinner”?** Most of the time you may continue the anti-coagulation, even Coumadin. The laser energy used is very effective to close veins even if your blood has been anti-coagulated. Your doctor will advise you regarding your blood thinner and surgery.
7. **May I eat after surgery?** The sedation will metabolize and go away fairly quickly, and you may eat normal food as soon as you feel awake and alert.
8. **May I walk, run, swim, and drive? And when?** The only day of recommended rest is the surgery day. You may walk gently, taking care to avoid pressing weight on the surgery leg. The second day, you may walk in a normal fashion. We recommend that you wait a full 24 hours, after anesthesia or taking pain medicine, before operating a car or heavy machinery. We like for you to restrict vigorous activity for about 2 weeks while your treated vein heals. You may shower the day after surgery. Please wait six weeks before taking a tub bath, or getting in a swimming pool or hot tub.
9. **What about the dressings and the compression stockings?** Try to leave the dressings with ace wrap in place the day of surgery. The next morning, the wrap can be removed and the stockings placed on the leg treated. We require the stockings be worn for two weeks.
10. **When can I return to work?** The day after your procedure is possible for many patients, depending upon your job and your need to work, but taking two days off is more common.