

Microphlebectomy Instructions

Before the treatment:

- You may eat and drink normally
- Take a warm bath or shower and wear loose comfortable clothes
- Apply numbing cream such as Emla® Cream over the varicosities at least 30 minutes before the procedure as instructed. That will help you with the freezing during the procedure. However the initial response to the cream is very personal and results may vary.
- If you take medication routinely, please take it on the day of your procedure unless you are directed otherwise
- Bring a 20-30 mm Hg thigh high medical compression stocking (you have to be measured for stockings and ordered, please plan ahead at least 4 days prior)
- Ideally, have someone driving yourself to and from the clinic.
- You will be required to sign an informed consent just prior to the procedure.

During the treatment:

The varicose veins are marked with permanent surgical marker. Your leg is then cleaned and wrapped with sterile drapes to minimize your chances of infection. An injection will freeze the skin along the veins marked. Specialized vein hooks are placed through very small incisions (1-2 mm cuts) to remove all the varicose veins. The bleeding stops with manual compression for a few minutes. The opening on the skin is closed with surgical tape (steri-strip) and there is no need for stitches. The number of small incisions are determined by the number of veins been removed.

At the end of the procedure, elastic bandages are immediately placed. It

is possible that a small sensory nerve could be damaged during the vein removal. However such injury is rare and when happens tends to be temporary.

After the Treatment:

- Walk around for a few minutes before going home.
- Ideally, you should have someone to take you home, and if you are travelling for more than an hour from the clinic you should sit on the back seat with your leg(s) up. Stop every hour and walk around for 5- 10 minutes.
- If the outer dressing is constricting, causing numbness, you may remove and rewrap it. If there is bleeding when you unwarp it, apply pressure and elevate the leg for a few minutes before rewrapping your leg. If bleeding occurs through the wrap, place a gauze and tape over the outer dressing to enforce it.
- Most patients do not require anything for pain or if they do nothing stronger than Acetaminophen (Tylenol®) or Ibuprofen (Advil®).
- Wear the stockings or compressions bandages for the first 2 days and nights continuously
- After the 2nd day, continue wearing your stockings for at least 8 more days during the daytime taking them off to sleep or for bathing
- If there is no major contraindication, start taken Naproxen as prescribed starting on the same day of the procedure. It helps to reduce the inflammation (discolouration/ pain) that naturally occurs after the procedure.
- Use Voltaren® Gel prescribed starting the second day after the procedure, apply over the area twice a day. It helps to reduce pain /discolouration and the inflammation which naturally occurs.
- You may have some bruising or tenderness along the area treated that can last for a few weeks. This can leave a hard tender lump that may

- take a few months to settle, and on occasion there can be brown discoloration of the skin that takes some time to disappear.
- Leave the steri-strips in place. You may wash lightly over them. Pad them dry. If they fall off naturally it is OK. If not, you may remove them if still in place after 7 days. If there is any reaction such as itching, redness and blisters contact the office.
 - Normal activity, including work, can be resumed as soon as you like, although contact sports, heavy exercise and swimming should be avoided for 2 weeks.
 - Walk on the day of your procedure for a minimum of 30 minutes at least twice daily, and then continue walking 45 minutes to an hour every day. That will reduce the chances of complications such as blood clots.
 - You should receive, as part of your Procedure Package, information about your next scan, which will check for blood clots and assess your results along with the date of your next appointment in the clinic after 4-6 weeks.
 - Avoid hot baths, Jacuzzis or hot tubs for 2 weeks after sclerotherapy.
 - Avoid the sun or tanning beds for 2 weeks after treatment. For the first 2 months you should use sunblock in the area treated, since permanent discoloration may occur
 - Avoid prolonged standing and lifting over 20 lb for the first week
 - We do not advise patients to undertake long haul air travel within 4 weeks of the procedure due to small risk of blood clots. Short flights may be acceptable, but if you have any doubts please contact your consultants secretary before attending for treatment.
 - Please notify the office if you have any unexpected visit to the emergency department, walk-in clinic or to your family physician over the next 10 after your procedure,

- Any questions or concerns please contact the office for further assistance:

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