

Pre-Procedure Instructions for Microphlebectomy

1. The Microphlebectomy procedure is an outpatient procedure that is performed in our office. The procedure is done under local anesthesia (lidocaine).
2. You will need a pair of thigh high compression stockings (30-40mmHg) to be applied after your procedure. Please make arrangements to be fitted for stockings prior to day of procedure and bring your stockings on the day of the procedure. If needed, we have a supply of compression stockings that can be purchased for a small fee.
3. If needed, bring your prescription Xanax with you to the office. Do not take the Xanax at home. A prescription for 1 Xanax pill will be provided to you in the weeks prior to your scheduled procedure.
4. If you do take Xanax prior to your procedure, be sure to arrange for an escort home.
5. If you normally wear compression stockings, do not wear them the day of the procedure.
6. Do not apply any moisturizers to your leg.
7. Shave all areas of the leg(s) where varicose veins are present.
8. Wear loose-fitting clothing and comfortable shoes. You will leave the office wearing a very bulky bandage that will be left in place for 24 hours.
9. Be sure to eat something prior to your procedure. No caffeine until after your procedure.

If you have any questions, please call Oceana Vein Specialists at 760-769-8346

Post-Procedure Instructions for Microphlebectomy

1. Leave the full leg dressing in place for the first 24 hours. After this 24 hour period, remove all of the dressing material EXCEPT the steri-strips. Leave steri-strips in place for 10-14 days.
2. If sutures are used, leave in place and return in 7 days for removal by your physician.
3. Once the dressing is removed after 24 hour period, apply the compression stockings at this time.
4. The day of the procedure walk as tolerated.
5. No lower body exercise, running, or jogging for 7 days after procedure.
6. You may shower after 2 days. Do not soak in bathtub or swim until the steri-strips are removed at day 10-14.
7. Wear compression stocking during the daytime for 2 weeks following the procedure. Remove stocking at night.
8. **Expect significant black and blue bruising of your leg, this is expected after microphlebectomy. Occasional lumpy - bumpy texture may form, this will resolve over time.**
9. Return to office in 14 days if steri-strips were used and 7 days if sutures were used.
10. You may take Tylenol as needed for discomfort.

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