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## **Ambulatory Phlebectomy**

This minor operation is very well tolerated and takes place in the medical office. Only the trajectory of the diseased vein is anesthetized (through injections alongside the varicose vein). This procedure consists of pulling out the varicose veins by making tiny incisions, leaving only marks that will be barely visible within a few months after the procedure. The diseased or otherwise useless veins which have been pulled out cannot come back, but you could of course develop other varicose veins independently from this treatment. These could also be removed. The procedure does not require that you interrupt your professional or domestic activities.

### **To plan for the procedure, please do the following:**

- 1) Shave the limb on which the procedure is to take place a few days beforehand.
- 2) Take a last bath or shower just before the procedure, since you won't be able to wet the limb on which the procedure will have taken place for a few days.
- 3) Plan to wear shoes which are large enough, since the bandage will start near the toes, where it will be very tight.
- 4) It is better not to drive right after the procedure, so please plan on getting a ride from someone else or on using public transportation.
- 5) Finally, make sure to be relaxed. Both the anesthesia and the procedure are very well tolerated. We also recommend that you eat breakfast beforehand.

### **After the procedure:**

- 1) On the days following the procedure, you should move and walk a lot, It is the best and most natural way to prevent any complications, although they occur very rarely with this procedure.
- 2) The bandages should be worn 24 hours a day during the 48 hours after the procedure. They should be loosened at night and tightened again in the morning.
- 3) The dressing will be changed in my office from 24 to 48 hours afterward.
- 4) From then on, the bandages or the hosiery will be worn by day only for 20 days. It is essential that the bandages be elastic. At night, your legs should be slightly elevated
- 5) A short shower is authorized on the fourth day after the procedure.

### **In the long run:**

Prevention remains essential. I recommend walking, swimming and regular physical activity as well as keeping your legs elevated at night. You should also protect your legs from the sun, particularly in the months following the procedure, so that the scars left are as invisible as possible.