

Ambulatory Phlebectomy

Ambulatory phlebectomy is a minimally invasive procedure that uses a small scalpel or needle to remove varicose veins lying just beneath the surface of the leg. It is one of the most common and very effective procedures for vein treatment.

If you're already scheduled for an ambulatory phlebectomy at one of our vein clinic centers, preparation before the procedure is key to a successful outcome. Here at Physicians Vein Clinics, patient education is one of our priorities. Continue reading to learn how to fully prepare for an ambulatory phlebectomy.

Types of Veins Treated

Phlebectomy is best for bulging varicose veins that are close to the surface of the skin. Because the affected vein is removed from the body entirely during the procedure, all of the associated symptoms are eliminated immediately.

What Happens During an Ambulatory Phlebectomy

To fully understand the rationale behind each step in the preparation process, you might want to find out what happens during the procedure.

This procedure involves removing unsightly veins through tiny incisions in your skin. The slits are so small that they don't need any stitches. Because veins are very collapsable, even large veins can be removed through tiny incisions.

The procedure is performed under a local anesthetic and most patients don't experience any pain. It's very common for patients to go home within an hour of the procedure.

Recommended rest is 2 to 3 days following surgery and you may return to work 5 to 7 days after the procedure.

Preparing for Your Ambulatory Phlebectomy

- On the day of the procedure, eat a full breakfast or lunch. Fasting is not required.
- You will most likely be prescribed a muscle relaxant that you need to take before the procedure. Take the medication as prescribed.
- Purchase your compression stockings a few days before the procedure. You will need them immediately after treatment and in the weeks that will follow. You might want to try on your stockings before the procedure and check if it fits you well.
- Bring comfortable shoes for walking.
- Avoid using lotion on your legs 2 days before and 2 days after each Phlebectomy session.
- Avoid taking Aspirin and NSAIDs (such as Advil, Ibuprofen, Motrin, Aleve, Naproxen) unless medically necessary for one week before your phlebectomy session. These medications increase the tendency to bruise and bleed.
- Contact your medical provider to make necessary adjustments if the medications listed are for medical purposes.
- You might want to take an iPod/music player or book with you during the procedure. They will serve as a good distraction during the procedure.
- Have someone take you home following an ambulatory phlebectomy.

