

## Phlebectomy of Leg Veins

The veins in your body contain valves that open and close to assist the return of blood to your heart. Sometimes the valves become weakened and no longer function correctly. This is not dangerous to you but can cause the blood to pool in the veins which can lead to varicose veins, heaviness, aching, pain, and/or wounds that do not heal. You and your doctor have determined you would benefit from a vein procedure to improve your symptoms.

### Scheduling

1. You will be called to schedule your procedure. We may need to get approval from your insurance prior to scheduling. This can take approximately 2-4 weeks.
2. Vein procedures are typically performed in our Orlando office (80 West Michigan Street, Orlando, Florida 32806).

### Before Procedure

1. Do not eat or drink anything after midnight the day prior to your procedure.
2. We will inform you of the medications that should not be taken before your procedure and when to stop them.
3. You must remove all leg hair from groin to ankle prior to your appointment.

### Day of Procedure

1. You must arrive at the office at the time listed on your instruction sheet. This is typically 1 hour prior to the scheduled time of your surgery.
2. Family members/belongings: it is best to leave all items of value at home (cash, jewelry etc.). All items that are brought with you should be left with your loved one. All other items (clothing etc.) will be stored and given back to you after the procedure.
3. We want you to be comfortable during your procedure. Options for sedation will be discussed with you prior to your procedure. Medication may be given through your IV to relax you. You may continue to feel sleepy after your procedure and will need someone to drive you home. This must be someone known to you, not a ride-share or taxi service. If you and your doctor chose not to use medication through your IV to relax you, you may drive yourself home.

4. After your procedure is completed, the surgeon will come out and discuss how the case went.
5. You will recover for at least 30 minutes after your procedure has been completed.

## After Procedure

1. Your legs will be wrapped with ACE bandages after your procedure. You can take these off yourself and shower after 48 hours. You do not need to put the wraps back on. Compression stockings should be worn on the treated leg(s) for 2 weeks.
2. You may walk immediately after your procedure. You are encouraged to walk for at least 30 minutes per day. You should avoid heavy lifting and strenuous exercise for two weeks. You may drive 24 hours after the procedure if you are not taking pain medication. If you are not taking pain medication you may return to work the day after the procedure. However, if you are taking pain medication you cannot drive until you have stopped. Also, if you are taking pain medication you may need extra time off work as this can affect your decision-making skills.
3. It is not uncommon for the leg(s) to feel tender after the procedure. This will improve gradually.
4. You will likely have bruising in the area of the procedure. These bruises can be large but will gradually fade over weeks.
5. Some people develop patches of numbness on the leg. This is not uncommon and should improve over time.
6. Many people feel lumps in the area of the procedure. This can be from inflammation from the procedure, blood in the pocket where the vein was removed, or a small segment of remaining vein. These lumps are normal and should resolve. This typically takes several weeks.

## Follow Up

1. You will also be scheduled for a follow-up visit in the office 1-2 weeks after your procedure. If you have stitches they will be removed at this time.
2. If you develop severe pain or swelling after the procedure, or have any other concerns please contact the office.

**It is important to us that our patients are able to easily contact us to schedule appointments or discuss any questions/concerns.**

Our office phone number is **407.648.4323**. If you have any questions you can reach us between the hours of 8AM-5PM. If you have an urgent concern and need to call after hours you will reach one of our surgeons through our answering service. Answers to many common questions may also be found at [www.arteryandvein.com](http://www.arteryandvein.com).

**GENERAL QUESTIONS CAN BE EMAILED TO: [patients@arteryandvein.com](mailto:patients@arteryandvein.com)**

**You may also call/email staff directly**

Procedure scheduling/medical questions	Trinity MA	Ext 121	<a href="mailto:trattiger@arteryandvein.com">trattiger@arteryandvein.com</a>
	Debbie MA	Ext 135	<a href="mailto:djean@arteryandvein.com">djean@arteryandvein.com</a>
Insurance authorization	Lisandra	Ext 129	<a href="mailto:laninipot@arteryandvein.com">laninipot@arteryandvein.com</a>
	Angie	Ext 128	<a href="mailto:anegron@arteryandvein.com">anegron@arteryandvein.com</a>
Billing questions	Lisa	Ext 152	<a href="mailto:ljacobs@arteryandvein.com">ljacobs@arteryandvein.com</a>
	Chris	Ext 127	<a href="mailto:casman@arteryandvein.com">casman@arteryandvein.com</a>

**If you have called our office and have not received a call back within 24 hours or need to discuss an urgent matter please call or email our management team.**

Clinical operations manager	Jason	Ext 108	<a href="mailto:jruiz@arteryandvein.com">jruiz@arteryandvein.com</a>
Ultrasound lab manager	Keema	Ext 116	<a href="mailto:kencarnacion@arteryandvein.com">kencarnacion@arteryandvein.com</a>
Practice administrator	Ashley	Ext 137	<a href="mailto:aandroski@arteryandvein.com">aandroski@arteryandvein.com</a>

**THE PATIENT PORTAL IS AN EXCELLENT TOOL TO CONTACT US and all communications through this are saved in your chart. You are also able to access your records through this system. To sign up for this please ask the front desk while you are here or call/email:**

Hallie	Ext 104	<a href="mailto:hfisher@arteryandvein.com">hfisher@arteryandvein.com</a>
Leslie	Ext 101	<a href="mailto:lbergeron@arteryandvein.com">lbergeron@arteryandvein.com</a>