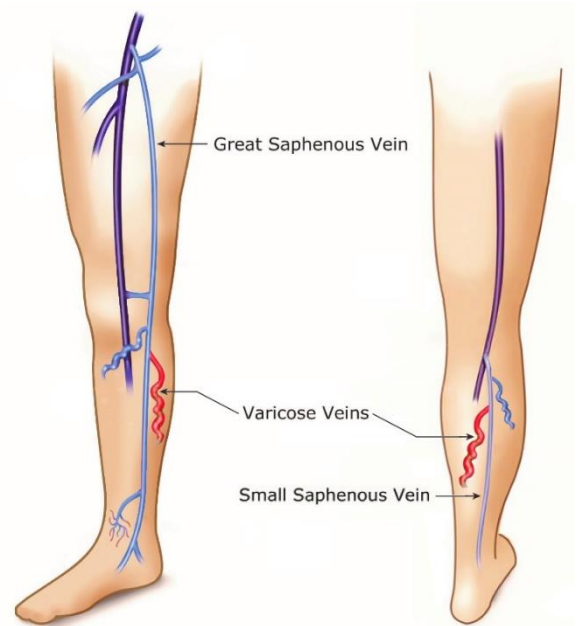


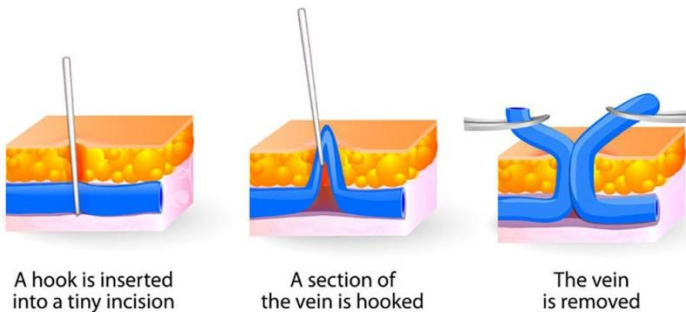
Dr. Wise and the Advanced Vein Center team have diagnosed you with varicose veins. Often painful and unsightly, they usually appear as visibly bumpy, rope-like veins that occur most often on the inside of the leg between the groin and the ankle or on the back of the calf. We are recommending a procedure called Micro-Phlebectomy to remove the largest, bulging varicose veins.

THE PROCEDURE

Prior to the procedure, Dr. Wise will trace the varicose veins on your leg with a surgical marking pen while you are in the standing position. You will then be asked to lie on the exam table where your leg will be cleaned and covered with sterile drapes. Next, the doctor will inject numbing medicine in the skin around the varicose veins. He will make several small incisions (so small that they will not require stitches,



resulting in little to no scarring). Using a small hook, he will remove the diseased veins through these tiny incisions. After the procedure, the leg will be bandaged and the healing process will begin. Blood flow will reroute through other healthy veins. The segments of diseased vein that will be treated with this procedure are highlighted in red in the diagram above.



POTENTIAL COMPLICATIONS

Bruising: Nearly everyone will develop bruising in the areas of the treated veins following this procedure. The bruising should fade within 2-3 weeks.

Bleeding: Some minor bleeding after this procedure is not uncommon.

Deep Vein Thrombosis (blood clot in one of the deep veins of your legs): This is a rare complication affecting less than 1% of patients treated with this procedure. If a DVT is diagnosed, you may need to be prescribed a blood-thinning medication for a few weeks. There is less than a 1 in 10,000 chance of developing a pulmonary embolism (a blood clot in the deep veins of the legs that travels to the lungs).

Phlebitis: Nearby veins that are not removed during the procedure may become inflamed resulting in temporary pain and redness.

Nerve Injury: Numbness and tingling in the treated area can last a few weeks and, in rare cases (1-2%), may last a few months.

HOW TO PREPARE FOR YOUR PROCEDURE

If you are taking a blood-thinning medication, please inform us. We may instruct you to stop taking the medication a few days before the procedure and resume taking the medication a few days after the procedure.

Be sure to bring your compression stockings on the day of your procedure or arrange to purchase them from Advanced Vein Center. If you plan to purchase them on your own, be sure to buy the right size (based on the circumference of your thigh, calf, and ankle), the right length (thigh-high vs. knee-high), and the right compression strength (30-40 mmHg).

Take a shower on the day of your procedure because you will not be able to shower for the first 24 hours.

Avoid using makeup, perfume, powder or lotions on the treatment area before your procedure.

Fasting is not recommended. Eat and drink normally and take your routine medications as prescribed.

Wear loose-fitting clothing to your procedure because tight-fitting pants may not fit over the bandaging and compression stocking that we will apply after your procedure.

WHAT TO DO AFTER YOUR PROCEDURE

Following your procedure, we recommend that you keep your leg elevated for the rest of the day to reduce your risk of bleeding and bruising.

As mentioned above, minor bleeding after this procedure is not uncommon. If you experience bleeding through the bandages or bleeding when you remove the bandages, please lie down, elevate your leg, and apply direct pressure until the bleeding has stopped (usually 5-10 minutes). If the bleeding persists, please contact Advanced Vein Center.

After the first 24 hours, you may remove the compression stocking and the gauze dressings to shower. Do not remove any steri-strips that were placed across your incisions for one week.

Continue to wear the compression stocking for the remainder of the week, removing the stocking only to shower or to sleep.

Following that first day of leg elevation after your procedure, resume your normal level of activity. Short walks are encouraged.

Refrain from strenuous activities, or prolonged standing or sitting, for one week after your procedure.

Avoid very hot showers and do not submerge the treatment area in baths, hot tubs or pools for one week.

If you have pain following your procedure, please feel free to use aloe vera gel, cool packs, Ibuprofen (Advil, Motrin) 200 mg – three tablets every 6 hours, or Acetaminophen (Tylenol) 325 mg – two tablets every 4-6 hours (not to exceed ten tablets in 24 hours).

Thank you for trusting Dr. Wise, Layla, Jackie & Sergio with your care!

