



VARICOSE TO PERFECT

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## AMBULATORY HOOK PHLEBECTOMY

**Phlebectomy:** The sequential removal of a vein through a puncture wound.

**Indications:** The purpose of a phlebectomy is to relieve large bulging veins that may be causing discomfort or ugly appearance. The procedure can be done in conjunction with an EVLT or as a sole procedure. Patients are typically with complaint of swelling, aching or discolored lower extremities, as well as, the visualization of varicose veins.

**Testing:** Patients with visual signs and symptomatic effects from varicose veins are ordered a Duplex Imaging Ultrasound scan in which reflux is either detected or ruled out. If the results show reflux the primary treatment would be an EVLT with a secondary phlebectomy procedure.

**Procedure:** The areas of treatment are marked appropriately by a physician with the patient in a standing position. The area is then prepped in sterile fashion and locally anesthetized with Lidocaine and buffered with Sodium Bicarbonate. A small incision is made with an 11 blade and the vein is pulled from the skin using a Varady hook. Slight pressure is held manually at the site momentarily to prevent bleeding. Hemostasis(control of the bleeding) restores on its own. The process is repeated for all the affected areas. Gauze and Kerlix gauze wraps are placed to the affected areas and 30/40mm compression hose are placed to the affected leg. Ice and elevation are used post operatively for 20-30 minutes. The patient is then free to walk out of the office, barring any complications.

**Complications:** Risks for any procedure include hematomas, infection, allergic reaction, bruising, and discoloration to the leg. Specific to this procedure, risks include, nerve damage, scarring, bleeding and deep vein thrombosis.

**Post-op:** Apply ice to affected areas 15-20min/hour until bedtime. Ice may be repeated day 2 to assist with swelling and pain. Keep bandages and hose in place for 48 hours. After 48 hours you may shower and replace your hose. Some slight oozing may occur and should be reported if bleeding through the hose occurs. Do not sit or soak in a tub, pool or lake until all wounds are completely healed. This usually takes up to 1 week. Remain wearing 1 pair of hose from morning till night for 3 weeks, keeping in mind that you will be sleeping in them for the first 2 days. Be sure to walk a minimum of 30 minutes a day for the next 3 weeks as well. Progress back to normal activities over the next few days without hard aerobics, heavy weightlifting, horse or bike riding, or softball for at least 2 weeks. Anti-Inflammatory medications can be taken but should be reported if needed for discomfort longer than 5-7 days.

**Alternative treatments:** Alternative treatments include a surgical removal of the vein or a “vein stripping”. This would include general anesthesia and a hospital stay.