

## ***Vein Treatment and Surgery: Frequently Asked Questions and Answers***

1. ***Who is performing the surgery and treatment?*** Our doctor always performs the major procedures to correct leg vein abnormalities. Our doctor is board certified in his specialty and is trained specifically to perform modern vein treatments. Our physician assistant and medical staff members are all expertly trained to assist and to help perform many of the minor procedures as well.
2. ***Are the procedures painful?*** Our patients are provided “conscious sedation”, which means you will rest comfortably during the major vein procedures, you will not have pain.
3. ***What are the names of the operations performed?*** **Endovenous laser ablation of the incompetent saphenous veins** = Laser energy treatment to close the leaking vein on a permanent basis. **Micro-phlebectomy** is the removal of large bulging ropey veins through very small micro-punctures in the skin. **Sclerotherapy** is the injection of small spider veins with a very safe and sophisticated sclerosant solution. The needles used are very small. The procedures are most often performed at the same time during your sedation.
4. ***Where does the blood flow go if these veins are removed?*** Our legs have numerous veins which “take up the slack” to allow normal blood flow. The nearby muscle veins accommodate the extra flow, and these veins are normal. Therefore, the congestion is relieved and the vein circulation is restored back to normal.
5. ***Does bleeding occur during the procedures?*** During most of the procedures, there are no incisions. The laser fiber is inserted through a catheter which is positioned with only a needle stick. Large veins are removed through very small micro-punctures. Vein pressure is very low and bleeding is not common.
6. ***What if I am on a “blood thinner”?*** Most of the time you may continue the anti-coagulation, even Coumadin. The laser energy used is very effective to close veins even if your blood has been anti-coagulated. Your doctor will advise you regarding your blood thinner and surgery.
7. ***May I eat after surgery?*** The sedation will metabolize and go away fairly quickly, and you may eat normal food as soon as you feel awake and alert.
8. ***May I walk, run, swim, and drive? And when?*** The only day of recommended rest is the surgery day. You may walk gently, taking care to avoid pressing weight on the surgery leg. The second day you may walk in a normal fashion. We recommend that you wait a full 48 hours, after anesthesia or taking pain medicine, before operating a car or heavy machinery. We like for you to restrict vigorous activity for about 2 weeks, while your treated vein heals. You may shower the day after surgery. Please wait 2 weeks before taking a tub bath, or getting in a swimming pool or hot tub.
9. ***What about the dressings and the compression stockings?*** Try to leave the dressings with ace wrap in place the day of surgery. The next morning, the wrap can be removed and the stockings placed on the leg treated. We recommend the stockings be worn for two weeks.
10. ***When can I return to work?*** The day after your procedure is possible for many patients, depending upon your job and your need to work, but taking two days off is more common.