



## INFORMATION AND INSTRUCTIONS FOR MICROPHLEBECTOMY PATIENTS

### PRE-PROCEDURE INSTRUCTIONS:

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**
- You may take any essential medications the morning of your procedure with a sip of water.
- If you take aspirin, you should discontinue 10 days prior to your procedure.
- If you are on Plavix, ideally, it needs to be stopped 10 days prior to the procedure; however, **YOU MUST CONSULT THE PRESCRIBING PHYSICIAN PRIOR TO STOPPING PLAVIX.**
- If you are on Coumadin, ideally, it needs to be stopped 5 days prior to the procedure however; **YOU MUST CONSULT THE PRESCRIBING PHYSICIAN PRIOR TO STOPPING COUMADIN.**

### POST-PROCEDURE INSTRUCTIONS:

- Remove your post-operative dressing **AFTER 48 hours.**
- It is usual that the dressing be blood stained, so do not be alarmed.
- You will need to be seen in the office approximately 1 to 2 weeks following your surgery. If you have not already scheduled an appointment, please call to schedule.
- After you remove the dressing, you may shower. Do not use hot tubs or hot baths for 2 weeks.
- You must then wear your compression stocking for 2 weeks after the surgery.
- Do not use saunas, steam rooms, hot tubs or hot baths for 2 weeks.
- Resume normal activity as soon as possible. Walk as much as possible, but avoid vigorous aerobic exercise for 2 weeks.
- It is normal to experience some itching and mild pain... You may take Tylenol if needed. You will also be given a prescription for Percocet.
- Avoid sun exposure. Sun exposure can worsen cosmetic results.
- If you experience severe pain or leg swelling, or fever, please contact Dr. Nackman.