



New England Heart & Vascular Institute

Vein & Vascular Specialists

160 South River Road Suite 100 Bedford NH 03110
tel: 603.665.5150 fax: 603.665.5160

Phlebectomy Pre and Post-Instructions

Pre (before your procedure):

- You will be given a prescription in advance for Alprazolam and Lidocaine/Prilocaine cream. Please follow the instructions given to you.
- You may eat a light breakfast or lunch prior to the procedure.
- Try to stay hydrated before the procedure.
- You should bring someone to drive you to and from the office.

Post (after your procedure):

- You are under the influence of a sedative. You may not drive for 24 hours.
- Go directly home after your procedure. You may walk every hour today but otherwise keep your leg elevated (on a stool or couch). Wear your compression stocking or Ace wrap and do not remove it until tomorrow morning.
- Take your compression stocking or Ace wrap off the morning following your procedure. You can remove any gauze dressing but leave the Steri-strips in place. You may shower.
- Place your stocking back on and wear it daily for one week. You should not sleep in your stocking after the first 24 hours.
- Follow-up within 1-2 weeks.
- No hot tub or whirlpool for one week after the procedure.
- Call if you develop any redness, swelling, pain or shortness of breath.