

**McLean Heights Medical Professionals**  
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**Vein Ablation Procedure Information and FAQ**

**Vein Consultation:** The vein consultation is the first step taken in order to begin the treatment of varicose veins. During this part we will ask you questions about your signs and symptoms along with other medical history. It is important to also have a list of your medications handy.

After your medical history is taken, an ultrasound of the lower extremity veins is done. The ultrasound will help the doctor assess the severity of your vein problem as well as the treatment that will be needed. The doctor will then determine a vein ablation is necessary. In minor cases, or for people who have only spider veins, injections are the only treatment needed. However, sclerotherapy injections are not covered under health insurance.

**What is a Vein Ablation?** After having your Vein Consultation and ultrasound you may still have some questions about what a vein ablation is exactly. A vein ablation is a minimally invasive medical procedure that is done to treat varicose veins and vein insufficiency.

There are two steps to a vein ablation:

**Ablation:** In this part of the procedure the doctor uses a laser, radiofrequency or medication in order to close the leaky valve in the vein. This leaky valve is what causes the varicosities. Local anesthesia is used during this part of the procedure. This is usually the shortest part of the procedure. By closing the leaky valve it is expected that most if not some of your symptoms will be alleviated.

**Microphlebectomy:** This part of the procedure is done either before or after the ablation. Microphlebectomy uses a series of tiny incisions – each one about the size of the tip of a ballpoint pen - to remove portions of the vein which are malfunctioning, causing pain and unsightly bulging. By removing certain sections of the vein, the areas of the vein which are not removed will close, eliminating the bulging, purplish areas overtime. A second authorization may be needed to remove additional varicosities that have not been cleared.

**Sclerotherapy:** Sclerotherapy injections are used to treat spider veins and varicose veins. Several sessions are needed for veins to completely disappear.. Please note it may take several weeks to see improvements of veins that were injected.

**What do I need to prepare for the day of my procedure?** Local Anesthesia is used for the procedure so it is not necessary for you to fast. Please have a good breakfast and bring comfortable clothing. You will have a bandage on after you leave so please wear loose clothing and comfortable shoes. If you are taking medications you may continue them with the exceptions of blood thinners. Such as, Coumadin (warfarin), xarelto, pradaxa and eliquis. Please discuss with us the proper way to stop these medications only.

**Post Procedure Care:**

You will have a bandage on after you leave. You will be instructed to leave it on for a period of 24-48 hours. Within this time please do not wet your leg. If there is any bleeding after you leave simply place some pressure on the area and keep your leg elevated. There may be small white strips placed on your leg (steri-strips) you do not need to remove them. They will slowly fall off on their own. After you remove the bandage at the instructed time you may shower normally and wear your compression stocking. We recommend you wear the stocking for at least one week. Only wear it during the day and remove it to sleep. If you are having pain, swelling or any other issues please do not hesitate to contact us.

## **Adam Y Goldman MD PC**

### **Immediately after procedure:**

Expect to have minimal to mild pain, bruising, cramping and swelling for the first 24 hours after therapy.

### **Day 1 to 3:**

- Wear ACE bandage overnight, remove ACE and shower with soap and water on the next day. Begging the use of prescribed compression stockings daily for minimum of 3 days after the injection.
- Take over-the-counter Tylenol, ibuprofen (Motrin) or Naprosyn (Alleve) per directions as needed for pain
- Use ice packs for especially sore areas.
- Elevate legs for added pain relief.
- Resume normal diet and medications.
- Resume normal daily activities, with the exception of strenuous activities such as high impact aerobics, running, or weight lifting.
- Walk at least 1 hour per day.
- No hot baths or hot tubs.

Notify us at (914) 803-0310 for increasing pain, persistent itching or rash, progressive areas of redness, warmth or drainage, fever, swelling, persistent bleeding, lump formations, shortness of breath, chest pains, or leg numbness.

### **Day 3 to 3 weeks:**

- Treated areas will be red-purple in color, with some bruising.
- Wear compression stockings during day hours for the next 3-21 days (put on in the morning and take off before going to bed).
- You may shower with stockings off, but continue to avoid hot baths and hot tubs for 3 weeks.
- Resume normal athletic activities as tolerated.
- Avoid sun exposure and use sunblock for minimum of 3 weeks after injection to avoid permanent scarring. Try to minimize sun exposure for 3 months if possible.

To schedule another sclerotherapy appointment (6 weeks are needed between each treatment). Contact the office at (914) 803-0310, for any additional concerns or questions.