

# Southern Arizona Laser & Vein Institute

6422 East Speedway Boulevard - Suite 150 - Tucson, Arizona 85710  
Phone: (520) 318-3004 Fax: (520) 318-3061 [www.SALVI-Tucson.com](http://www.SALVI-Tucson.com)

## M I C R O P H L E B E C T O M Y

At Southern Arizona Laser & Vein Institute, we eliminate your venous disease and improve the appearance of your legs.

### **What are varicose veins?**

Varicose veins are diseased blood vessels that have become permanently dilated (enlarged), and can no longer efficiently carry blood back to the heart. The underlying cause is frequently venous reflux, which is detected by an ultrasound examination. This condition most often occurs in the saphenous veins, which are generally not visible on the skin surface but **must** be treated for optimal health.

### **What causes varicose veins?**

While causes for developing varicose veins are not yet known, the following contributing factors have been identified as risks for developing varicose veins:

- **Occupation:** Prolonged standing or sitting increases blood pressure on the closed valves that leads to them weakening and susceptible to developing varicose veins.
- **Gender:** Female patients are more likely to develop varicose veins by a rate of 4 to 1 over male counterparts. Increases in weight, progesterone levels, blood volume and pelvic vein pressure contribute to 70% of women developing various venous problems during pregnancy. 20% of all pregnant women will develop full-blown varicose veins due to hormonal changes and baby's increasing weight putting increased stress on your legs. Hormonal changes in female patients during puberty, pregnancy, menopause, hormone replacement therapy and birth control pills have been shown to contribute in the development of varicose veins.
- **Heredity:** Varicose veins are likely to run in your family. Defective vein walls and/or valves are the greatest contributing factors to developing varicose veins in nearly 70% of patients seen. A review of your family history will determine if you are at greater risk to develop varicose veins.
- **Obesity:** Increased pressure due to excess weight can contribute to the weakening of vein valves.
- **Age:** A progressive condition, the frequency and severity of varicose veins increases with age. Tissue fibers deteriorate as we age which leads to the appearance of wrinkles, dilated and tortuous blood vessels and varicose veins.

## **Can varicose veins affect my health in a negative way?**

Most definitely! Left untreated, varicose veins can cause pain, swelling, inflammation (phlebitis), skin ulcers, and blood clots. Protect your circulation. Don't delay treatment.

## **More about Microphlebectomy**

Once venous reflux has been treated or excluded as a cause, Microphlebectomy can be performed, if necessary. Developed in the 1960s by a Switzerland physician, Microphlebectomy (also known as Ambulatory Phlebectomy) is an advanced and minimally invasive method of eliminating varicose veins. Performed under local anesthesia in the comfort of our office, using a specifically design instrument, the veins are gently removed through tiny skin openings about the size of a pencil point. Unlike vein stripping, virtually no visible scarring occurs with Microphlebectomy.

Microphlebectomy is an effective method of treating large bulging varicose veins. The benefits of Microphlebectomy are quite numerous and include:

- In-office, quick and simple procedure
- Local anesthesia is used
- Minimally invasive
- Return to normal activity with little to no down time
- Excellent results

## **What should I expect during treatment?**

Microphlebectomy is a procedure that removes large surface varicosities (varicose veins) through a small incision the size of a pencil point.

A Phlebectomy hook is inserted through skin incisions or needle punctures often as small as 1mm in size. A section of the affected vein is hooked and then is gently removed through the incision.

## **How many treatments should I need?**

Because the affected veins are removed, Microphlebectomy treatments often eliminate the target veins in just one treatment. In some cases, additional therapy may be necessary to provide you with expected results. Your physician will discuss any follow-up treatment recommended.

## **Are there any pre-operative instructions I should know about in advance?**

Yes, please refer to Page 4 for PRE-operative instructions for all of our Vein Treatments.

### **What can I expect following treatment?**

After the vein is removed, the leg is wrapped with a bandage and you will walk around the office a bit before leaving your appointment. You will remove the bandage at home two days after your treatment.

Most patients are not uncomfortable after the procedure and require no post-operative pain medication. Any symptoms will often be relieved with an over-the-counter non-aspirin oral pain reliever.

Our staff will give you post-operative instructions before you leave the office. Most often you will be asked to wear your support stocking for approximately three weeks, keep your legs elevated and stay off your feet for the first day. You can return to work and normal activity after 24 to 48 hours.

As with any medical procedure, certain risks are involved with Microphlebectomy. At the time of your consultation, Dr. Probstfeld will explain any risk factors that may apply to you and your individual medical case.

### **Are there any post-operative instructions I should know about in advance?**

Yes, please refer to Page 5 for POST-operative instructions that will be provided to you at the time of your treatment.

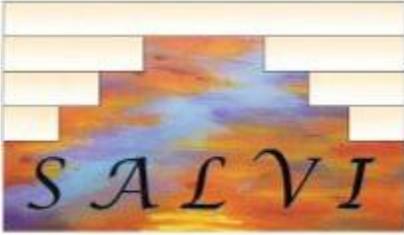
### **Is the treatment painful?**

Our skill and experience make the treatments virtually pain-free, with only minor discomfort. We use FDA approved medications. Side effects are possible with any procedure and medication but, compared to traditional surgery for veins, serious side effects are rare with our advanced techniques.

During the procedure, the treatment area is locally anesthetized to relieve ease any discomfort you may experience. After the procedure any pain should be relieved with an over-the-counter non-aspirin oral pain reliever.

### **Is Microphlebectomy covered by insurance?**

Most insurance companies do cover costs associated with vein treatments based on medical necessity. At the time of your initial consultation, our staff will discuss the prescribed treatment, associated costs and payment arrangements including your insurance coverage. Prior to your appointment, check your policy and/or call your insurance provider to find out what their coverage includes. For your convenience, SALVI accepts most major credit cards.



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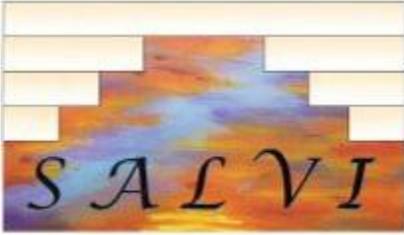
## PRE-OPERATIVE INSTRUCTIONS FOR VEIN TREATMENT

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance to your treatment if you have any additional questions.

### Pre-treatment Instructions:

- You may have a small meal before treatment.
- Avoid drinking coffee several hours before treatment.
- Do not wear any lotion or cream on your leg the day of treatment.
- Try to avoid sun exposure, tanning booths and artificial tanning lotions for seven (7) days prior to treatment (improved cosmetic results).
- Patients should wear loose, comfortable clothing the day of your treatment so that they are easily put back on after treatments. Jeans or other clothes that bind your legs or are difficult to take on and off should be avoided. Skirts are recommended for women.
- It is recommended that patients wear flat flip-flops, sandals or shoes that can be easily slipped on after treatment. Tennis shoes, heels, and boots are not recommended.
- Please arrange for transportation if you will be receiving a sedative at the time of treatment (particularly RFA and Microphlebectomy)
- Eating fresh pineapple the day before and the day of your treatment may reduce bruising.
- Bring a list of your current medications/supplements.
- Make sure all of your questions are answered or please bring a list of questions to review with the doctor before proceeding.
- All financial responsibility for treatment is the patient's responsibility. While we attempt to ensure payment coverage by your insurance carrier and bill for services, as a courtesy, patients will be accountable for any denials, coinsurance and deductibles allocated by your insurance carrier.
- Patients must arrive to their treatment appointment with compression stockings. For your convenience, compression stockings are available for purchase from our offices.

**Have more questions?** Please give us a call at **(520) 318-3004** so we can answer any questions or concerns you have prior to your treatment.



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## POST-OPERATIVE INSTRUCTIONS FOR MICROPHLEBECTOMY TREATMENT

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance to your treatment if you have any additional questions.

### Post-Treatment Instructions:

- Elevate your legs as much as possible for three (3) days.
- No hot tubs, Jacuzzis, sauna or whirlpools for 7-10 days until your sutures are removed.
- Walk but avoid prolonged standing or sitting for three (3) days.
- Resume normal activity after three (3) days.
- Avoid strenuous exercise for ten (10) days.
- Remove wrap after 48 hours. You may then shower and begin wearing your compression stockings.
- Wear compression stockings for three (3) weeks when up on your feet, remove at bedtime. For your convenience, you may purchase compression stockings from SALVI prior to your treatment appointment.

### Post-Treatment Expectations:

- Expect mild to moderate bruising.
- You may experience mild pain and inflammation. If you are not allergic or sensitive, take Advil, Motrin, or Ibuprofen 600 mg 3x a day with food.
- The small steristrips may fall off in 5 – 7 days. Do not worry if they fall off sooner.
- You will have tiny sutures on your wounds. They will be removed at the first office visit after your treatment.
- You may have a firm or bumpy feeling under the skin at the site of removed veins. This is normal and should resolve in six (6) weeks.
- You may notice a few veins that were not treated, especially if you have a lot of varicosities to begin with. Often these are small and not noticed at the time of procedure. Usually asymptomatic these may be treated at another session with Sclerotherapy or further Microphlebectomy.
- Remember varicose vein treatment does not cure veins permanently and you may develop new veins in the future. These can easily be treated.

**Have more questions?** Please give us a call at **(520) 318-3004** so we can answer any questions or concerns you have after your treatment.