Removal of varicose veins via ambulant phlebectomy

(Muller technique)
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Introduction
The ideal treatment of varicose veins depends on different factors. Varicose veins can be treated by means of laser, injection or operation such as ambulant phlebectomy (Muller technique). For medium sized varicose veins which have returned after an earlier operation the ambulant phlebectomy is often the most appropriate treatment. This treatment can be applied in combination with other possibilities of treatment.

Before
- If you use blood thinners, you can keep using the blood thinning medication (such as Sintrom (acenocoumarol), marcoumar or other blood thinners) preceding the treatment. Inform the treating doctor that you use blood thinners.
- Do not use ointment or lotion on the leg to be treated on the day of the treatment. This prevents plasters from coming off.
- We advise you to shave the leg to be treated 2 days before the treatment because sterile green cloths will be stuck to your legs with adhesive strips. The removal of these adhesive strips can be painful with hair.
- Remember not to wear tight clothing on the day of the treatment.

How does the operation go?
The operation takes about 30 minutes, but including all the pre- and aftercare you can easily count on an hour. The treatment takes place under local anesthesia. The assistant will accompany you to the treatment room. There you bare your legs completely. Then the doctor will mark the veins to be treated, after which you can lie down. The area will be disinfected and steriley covered with cloths. Then the skin will be locally anesthetized by means of injections.

Then little incisions of 2-3 mm are made and via these incisions the veins are taken out with a special hook. Several centimetres of varicose vein per incision are thus removed. Small pieces of varicose vein will remain. These form sensitive “bumps” but disappear in the course of weeks to months. The number of incisions depends especially on the length of the vein.

After the treatment the incisions are covered by an adhesive plaster (no sutures are necessary) for the best cosmetic result. Cotton rolls are stuck on the treated part for extra pressure on which sometimes an adhesive bandage is put which has to stay for 2 days.
After 2 days the bandage is taken off and you wear the therapeutic elastic stocking for minimally 1 week only in daytime. At night you can take the stocking off.

**After the end of the treatment**

When the anesthesia has ceased (about 4 hours after the treatment) the treated area may be sensitive.

Usually painkillers are not necessary. The use of paracetamol is allowed (maximum of 2 x 500 mg every 8 hours). Your leg may look black and blue after the treatment. In general this goes away spontaneously after about 10 days. Sometimes a bleeding may occur. Because this happens mostly right after the treatment we request you to stay in Mohs Clinics for a while (about 30 minutes) after the treatment. Should some blood leak through the bandage at home then you can best put your leg up and press the place where the blood oozes through. If you cannot stop it, contact Mohs Clinics.