

## Ambulatory Phlebectomy INFORMED CONSENT

### INTRODUCTION:

Ambulatory Phlebectomy is a procedure used to remove varicose veins that are near the surface. This procedure is done under local anesthesia. This treatment is used to remove larger veins that are close to the surface. Small stab incisions are made in the skin and the veins are pulled out of these incisions with a small hook. There will be many small incisions in the skin. These will incisions will leave small scars. The incisions may be left open, closed with small pieces of tape or occasionally sutured closed. Occasionally a slightly larger incision will be needed to remove larger veins or in the presence of scar tissue making the dissection more tedious. The pain is usually minor and little scarring is anticipated. A relatively short recovery following the procedure can be expected. The veins being treated are generally removed in one treatment. Additional veins can develop in the areas treated but the vessels removed will not come back.

### PROCEDURE DESCRIPTION:

On the day of your Ambulatory Phlebectomy procedure, staff at The re\*be Skin Clinic will answer any last minute questions you might have, and prepare you for the procedure. The skin will be marked to show the location of the veins to be removed. These marks can remain visible on you skin for about 1 week rarely more than that. Hair in the treatment areas may be clipped and the skin will be cleansed. You will be positioned on a power procedure table. Medicated ointment may be applied to your skin to temporarily anesthetize the area being treated. Sterile drapes will then be placed around the treatment area. The area around the vein to be treated will then be anesthetized with a dilute local anesthesia. This is probably the most painful part of the Ambulatory Phlebectomy procedure since needle sticks are made through the skin to just outside the vein to be treated. Small stab incisions will be made along the course of the veins to be removed. A small hook will be used to locate and remove the veins from the incisions. At the end of the treatment, a thigh-high compression wrap or stocking will be applied to your treated leg. This compression must be worn continuously for 7 days. After the procedure, you will walk for 20 minutes at the clinic prior to being discharged. Activity is encouraged but strenuous exercise is not. You will need to be seen by the staff at The re\*be Skin Clinic for follow up at 1 week, 1-month, and 3-months following this treatment. If any concerns or problems before your follow up appointment, you are requested to contact The re\*be Skin Clinic at (712) 332-6001. In the event of any emergency please contact your nearest emergency room to assist you and us in obtaining your needed care.

### RISKS AND DISCOMFORTS:

The potential side effects of Ambulatory Phlebectomy are deep vein clots, tingling, numbness, skin sores that are slow to heal, phlebitis (inflammation of the vein), staining or darkening of the overlying skin, growth of new and possibly unsightly symptomatic veins. Problems and side effects that are not known at this time could occur. For most, the small stab wounds punctures into a vein do not cause any serious problems. Some may experience dizziness, a small amount of bleeding, bruising, discomfort, pain, and rarely an infection. Local anesthesia will be used to minimize discomfort. Rarely, you can have or develop allergies to medications used during the procedure, including local anesthetics and the skin cleansing agents. Serious complications are rare but can result in the need for additional surgery. It is extremely rare but amputation or even death can occur.

### POTENTIAL COMPLICATIONS OF NOT UNDERGOING TREATMENT:

Not undergoing treatment is often limited to worsening of the varicose vein disease. Existing veins can enlarge and new diseased veins can occur. Varicose veins may clot spontaneously, bleed, or ulcerate. Ankle swelling, skin changes such as eczema, hyperpigmentation, dermatitis and ulceration leading to infection can be serious. Complications can result in amputation or even death.

### ALTERNATIVE TREATMENTS:

Simple varicose veins are not usually life threatening and aggressive treatment is not always mandatory. Adequate relief from conservative therapy such as compression stockings, exercise, avoidance of high heels, and pain medication can be effective. Alternative treatments for varicose veins include surgical ligation, vein stripping, endovenous laser ablation, sclerotherapy, radio frequency ablation (VNUS Closure<sup>®</sup>), or a combination of these treatments. New treatments will likely be developed in the future.

### POTENTIAL BENEFITS:

The potential benefits of the Ambulatory Phlebectomy procedure are the removal treated vein segments leading to improvement in your symptoms. There is no guarantee that you will receive any medical benefit as a result of The Ambulatory Phlebectomy treatment. It is also possible that your condition would remain the same or get worse.

I acknowledge that I have read the above. I have been adequately informed of the nature, intended purpose, significant risks, consequences, and alternative treatment methods. I acknowledge that I have been given ample opportunity to ask questions about my condition and options.

I hereby consent to the Ambulatory Phlebectomy procedure to be performed by the staff at The re\*be Skin Clinic.

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_ Date: \_\_\_\_\_

I have discussed the nature and purpose Ambulatory Phlebectomy treatment and the associated risks, consequences and alternatives with the person signing above and am satisfied they understand them.

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Ronald J. Kolegraff M.D. Date