

Perforantectomy / Crossectomy

Practical information and recommendations, please read through this instruction leaflet carefully before the procedure.

Before the procedure

- Stop shaving your leg/thigh three days before the procedure.
- Do not use body lotion or other products on your legs.
- Wear comfortable, loose-fitting trousers or bring a pair with you.
- Wear comfortable, roomy shoes.
- Most treatments require that the doctor can access your thigh easily, so wear underwear without legs or with wide legs.
- If you were previously given stockings in our clinic, bring them with you.
- It is recommended to bring someone with you who can take you home afterwards.

During the procedure

The wound will be closed up using soluble stitches plus steri-strips and an ordinary plaster.

After the procedure

- After 24 hours, you may take a brief shower (make sure the water is not too hot), pat the steri-strips dry afterwards.
- Do not remove the plaster, leave it in place for a week.
- You may resume your daily activities straight away, however you might experience some discomfort in doing so.
- In the first week following the procedure, do not play intensive sports.
- You may travel by airplane after one week.
- Protect yourself when you are exposed to the sun, always use a sun protection cream with at least factor 30+.

- If you suffer from pain after the procedure, you can use paracetamol.
- The first 24 hours after your procedure, your insurance will not cover any incidents if you participate actively in traffic (driving a car or a bike).

Urgencies: when should you contact us immediately?

Contact us immediately if you have a fever (above 38.5 °C), pus seeping from the incisions and/or a swollen, red, shiny, hot (lower or upper) leg. You can reach us 24 hours a day, 7 days a week for urgent cases by calling 088 628 74 00.

Non-urgent: asking a doctor for advice

For other, non-urgent questions, you can contact us from Monday to Friday between 8:00 am and 5:00 pm by calling 088 628 74 00.