

Ambulatory phlebectomy | Müller technique

Practical information and recommendations.

Please read through this instruction leaflet carefully before the procedure.

Before the procedure

- Stop shaving your legs 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 small incisions will be closed up with a steri-strip. Gauze will then be wound around the leg on top of the steri-strip. After this, a compression stocking and a compression bandage will be applied.

After the procedure

- You need to wear the compression stocking day and night for seven days.
- After three days, you may take a short shower (the water should not be too hot) and remove any ordinary plasters. Pat the steri-strips dry; these should be left on for a week to 10 days.
- Put the stocking back on immediately after showering. Keep showers to a minimum and keep them as short as possible for the rest of the week.
- Do not cut up the stocking. If you suffer from a lot of pain or discomfort, contact our clinic.
- If your feet hurt during the night, raise your legs a little.
- You can resume your daily activities straight away, however you might experience some discomfort in doing so.
- In the first week following the procedure, you may not play intensive sports.
- You may travel by airplane fly 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 may 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 ride 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 leg/lower leg. You can reach us 24 hours a day, 7 days a week for urgent cases by calling 088 628 74 00.

Non-urgent questions: 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.