



## **Pre-op Patient Information: Sclerotherapy**

If you are planning an appointment at the Vein Healthcare Center for sclerotherapy, it is important to be informed about pre-operative guidelines. Being fully prepared for your appointment and following recommendations for care before your appointment will help ensure successful, comfortable treatment.

### **Understanding Your Sclerotherapy Visit**

Sclerotherapy is an outpatient procedure for treatment of small veins in your superficial venous system. A small needle provides access to the targeted vein allowing the injection of a medicine, called a sclerosing agent, into the vein's interior wall. The vein wall is irritated, becomes sticky, and seals shut, allowing it to disappear. Blood is then diverted to other healthy veins in the leg.

An appointment for sclerotherapy can take between 15 minutes to 1 hour, depending on the size of the vein, and is usually conducted over the course of 3 to 6 sessions. These sessions occur at least 8 weeks apart. The resolution of all targeted veins involved in the procedure may take several months and is dependent on your immune system.

### **Preparing for Sclerotherapy**

Please read all instructions to prepare for your appointment:

- Please purchase your stockings and immediately wear them for at least 3-4 days to make sure they are the proper fit. Your insurance carrier will dictate you try these stockings for at least six weeks prior to the procedure. Please bring the stockings with you the day of the procedure. They will be used immediately following treatment, and during the following 1-2 weeks.
- Take any regular medications the day of the procedure. There are no pre-operative medications required for sclerotherapy.
- Fasting is not required; eat a normal breakfast or lunch.
- Bring an iPod or headset if you'd like to listen to music during the procedure.
- Inform the Vein Healthcare Center of any allergies to antibiotics or steroids.

### **The Sclerotherapy Procedure**

Once you arrive for your appointment at the Vein Healthcare Center, you will change into exam

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shorts and photos of your legs will be taken. Photos are used only for your personal medical chart. You will be asked to relax on the table. There are pillows and blankets available for your comfort, and if you brought a listening device, you can begin listening to music.

Your skin will be cleansed with an alcohol wipe. A sclerosing solution is then injected through a very fine needle directly into the vein. This process is usually painless, though some patients may experience some mild discomfort. The number of injections during each procedure varies depending on the size and location of the vein, and the process can last from 15 minutes to 1 hour. You will be asked to put on your compression stocking immediately following the procedure.

Please follow [Post-op Patient Information: Sclerotherapy](#) guidelines following your appointment.

**Do you have questions?**

Your care and comfort is our number one priority. If you have any questions or concerns about your sclerotherapy appointment, call our office at 207-221-7799 or email us at [info@veinhealthcare.com](mailto:info@veinhealthcare.com).



## **Post-op Patient Information: Sclerotherapy**

If you have undergone sclerotherapy at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment will help promote the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

### **After Your Sclerotherapy Procedure**

- Immediately following the procedure, you will be asked to put on your compression stockings. Compression stockings should be worn between 7 and 14 days, depending on the size of veins treated. Stockings should be worn anytime you are on your feet. They do not need to be worn to sleep.
- Please walk at least 30 minutes daily for the first 2 weeks after the procedure.
- It is common to experience itching in the treated leg. Itching is temporary, and will resolve in approximately 1 hour.
- Pain or discomfort following treatment is highly variable from patient to patient, and while some patients may experience some pain, some may feel no discomfort at all following the procedure. In most cases, tenderness over the treated area is completely normal. With any discomfort, elevate your legs, use heat, and take a nonsteroidal anti-inflammatory medication of your choice. If the pain persists or does not improve, please call us at 207-221-7799.
- You may return to most activities immediately following your procedure. However, you should avoid heavy lifting, strenuous physical activity while standing, and the use of hot tubs during the first five days following your sclerotherapy.
- Approximately two weeks following the procedure, you may feel hard bumps in the area of the treated vein. These should resolve over time and are expected to disappear over the course of several months. If you experience any pain during this time, or if these bumps become tender, again use heat and elevation to control discomfort.

### **Your Return Visit**

Patients are asked to return for rechecks and possible additional treatments to complete therapy. Sclerotherapy typically requires anywhere from 3 to 6 treatments, with each session occurring over the course of a 6 to 8-week period.



**Do you have questions?**

Your care and comfort is our number one priority. If you have any questions or concerns following your procedure, or before your return appointment, please call our office at 207-221-7799.

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