

## Sclerotherapy Instructions

### Description:

- Sclerotherapy is a medical procedure that is used to close up unwanted veins by injecting a sclerosing chemical agent into the vein with the purpose of destroying the targeted veins. The inside of the blood vessel closes down so that blood no longer flows through it.
- Sclerotherapy is recommended after Endovenous Laser Ablation (EVLA) to get rid of the smaller branch veins. If these are allowed to remain they can enlarge causing the return of your vein problems and symptoms. Ultrasound guidance may be used as part of this procedure to direct a small needle into these veins if they are not visible on the skin's surface.
- During sclerotherapy, mild discomfort may occur. A burning or cramping sensation may be felt for a couple minutes when veins are injected with a sclerosing agent. You may be monitored during the procedure by the staff with monitors that could include heart rate, pulse oximetry to measure oxygen levels in your blood, blood pressure and cardiac rhythm. The sclerotherapy procedure takes a variable amount of time but a session is usually less than an hour.
- Sclerotherapy works well for most patients. Most of the injected veins should be eliminated with each sclerotherapy injection session. Three to five sclerotherapy sessions are usually adequate to get rid of targeted veins.
- Varicose veins usually respond in 3 to 6 months. Veins that respond well to sclerotherapy injection treatment usually will not reappear. New veins can appear over time as blood flow shifts occur in the tissues. It may be required that these veins be treated by injection sclerotherapy. The re\*be Skin Clinic will encourage you to have regular long term follow up on a two to three year basis even in the absence of new symptoms.

### Pre- Treatment Instructions:

- Remember to bring your compression stockings to your sclerotherapy session.
- Avoid using lotion on your legs for 3 days before and 3 days after your sclerotherapy session.
- Please do not shave your legs the day of the sclerotherapy session. Shaving 2-3 days before is usually adequate and will reduce the chances of infection from the procedure.
- Avoid taking Aspirin, NSAIDS (such as Advil, Ibuprofen, Motrin, Aleve, Naproxen) for one week prior to your sclerotherapy session.
- It is recommended that Prednisone be discontinued two days before your sclerotherapy session if your medical condition allows this.
- If you have any questions or concerns, call The re\*be Skin Clinic at (712) 332-6001 to speak to the staff.
- Report any medication allergies to The re\*be Skin Clinic prior to your sclerotherapy session.
- No air travel should be done within 72-hours following your sclerotherapy session.

### Post- Treatment Instructions:

- After the sclerotherapy you will need to walk for 20 minutes. You will then be able to drive yourself home. You may resume your regular activities with the exception of running, jumping, swimming, weight lifting, and strenuous activities for two weeks.

- You will be instructed to wear your medical compression stockings continuously for a minimum of 3 days. This will be followed by a minimum of two more weeks wearing the socks during waking hours. During these 2 weeks you can remove your stockings at bedtime, but you will need to put the stockings back on while in bed before you get up for the day. This will help a great deal to ensure good results from the sclerotherapy treatment.
- Avoid aspirin for 2 days following your sclerotherapy session. Thereafter, you may resume taking aspirin and NSAIDS (such as Advil, Ibuprofen, Motrin, Aleve, Naproxen).
- Do not wear high heels. The muscles in your calf and foot need to relax to pump blood effectively through the deep veins in your leg. High heels do not allow this pump to work effectively.
- Do not take hot baths or sit in a whirlpool or sauna for 2 weeks following a sclerotherapy session. Showers are fine, but the water should be warm and we recommend it be slightly cooler than you would like. The injection sites may be washed with a mild soap and lukewarm water. Showers are best taken in the evenings before bedtime since dilation of the superficial veins can occur after showering. If you are attempting to put socks back on, a lying-down position while in bed is easiest and least likely to cause new blood to flow through the treated veins.
- You are encouraged to walk a mile a day and to avoid standing still for longer periods of time. Waiting in long slow moving lines should be avoided. Shifting your weight from leg to leg and flexing your toes and calf muscles is helpful in encouraging the blood to flow to the deeper healthy veins. Options to walking include cycling and light aerobics. You may flex and point your toes 10 times or so every 5 minutes while sitting or standing to circulate blood through your legs.
- The skin and tissue in your legs will undergo changes after sclerotherapy. Injected veins may become lumpy and hard for several months, but usually soften and resolve with time. These lumps may need attention and can require drainage at your follow up visits. Several injections are usually needed to close up the tortuous, more significant, varicose veins. Bruising may occur around the injection site and at the location of any veins that are treated with drainage. This can cause staining and can last days, weeks or even longer. Permanent staining is rare but does occur sometimes. If your varicose veins are treated early and promptly the chances of staining and scarring are less.
- If you experience any signs or symptoms which are worrisome to you, you should contact the staff at The re\*be Skin Clinic. Side effects which are worrisome include fever, chills, expanding redness or swelling at injection site, formation of skin ulcers at injection site, and increasing pain localizing to a varicose vein segment. While deep vein thrombosis is uncommon following sclerotherapy, the development of swelling, pain unrelieved with over the counter medication, shortness of breath, dusky or blue color changes in the skin of the leg, should prompt you to contact us or your local emergency room immediately.

### **Follow up visits with the staff at The re\*be Skin Clinic:**

- The treatment interval for your sclerotherapy sessions will be individualized. In general, sclerotherapy sessions are scheduled at 1-month, 3-months, and 6-months after an Endovenous laser ablation procedure (EVLA). It is important to remember that it took years to create your dilated and tortuous varicose veins, and it will take months (perhaps up to a year) to effectively treat your varicose veins. Be patient with the sclerotherapy treatment process and remember that you can help the improvement along by following these instructions. The importance of wearing your compression stockings and assisting us in caring for you cannot be overemphasized.