

PRE-OPERATIVE INSTRUCTIONS SCLEROTHERAPY

Sclerotherapy is an outpatient procedure for treatment of small veins just below the skin's surface. A small needle provides access to the targeted vein allowing the injection of a detergent-like substance, called a sclerosing agent, into the vein's interior wall. The vein wall is irritated, becomes sticky, and seals shut, allowing it to disappear, and for blood to be diverted to other healthy veins in the leg.

How long will the procedure take? An appointment for Sclerotherapy usually takes about 30 minutes and is usually conducted over the course of 3 to 6 sessions. These sessions occur over a period of 6 to 8 weeks. The resolution of all targeted veins involved in the procedure may take several months.

What can I expect before, during and after the procedure? The procedure is performed in our outpatient office either by the physician or advanced practice professional. It does not require any sedatives.

During the procedure a sclerosing agent is injected into targeted veins. The procedure usually causes minimal discomfort upon injection. We use FDA approved Polidocanol. They are considered extremely safe and hypoallergenic. While allergic reactions are uncommon, patients should be aware of any irritation or pain at the injection site that occurs post-treatment.

Day of Procedure Preparation Please read all instructions as part of preparing for your appointment:

1. Take any regular medications the day of the procedure.
2. There are no preoperative medications required for sclerotherapy.
3. Fasting is not required; eat a normal breakfast or lunch.
4. Bring an iPod or headset if you'd like to listen to music during the procedure.
5. Compression stockings should be purchased prior to your appointment and brought with you the day of the procedure. They will be used immediately following treatment, and during the following 3 weeks. Trying your compression stockings prior to your visit will ensure that they fit comfortably.
6. Inform us of any allergies to antibiotics or steroids.

The Sclerotherapy Procedure

1. Once you arrive for your appointment at our center, you will change into shorts.
2. You'll be asked to relax on the table. There are pillows and blankets available for your comfort..
3. A sclerosing solution is then injected through a very fine needle directly into the vein. This process may cause some mild discomfort.
4. The number of injections during each procedure varies depending on the size and location of the vein. Each appointment will last about 30 minutes.
5. You will be asked to put on your compression stocking immediately following the procedure.

If you have any questions or concerns about your sclerotherapy procedure, please call our office at 614-917-0696.

POST SCLEROTHERAPY Discharge Instructions

Immediately after procedure:

Expect to have minimal to mild pain, bruising, cramping and swelling for the first 24 hours after therapy.

Day 1 to 3:

- Wear prescribed thigh-high compression stockings home after procedure. Remove for showering daily and for sleeping at night. Assess treated areas for blisters.
- Take over-the-counter Tylenol per directions as needed for pain.
- Avoid use of NSAIDs like Motrin, Advil, or Aspirin, as taking these medications can lead to skin staining. Avoid direct sun exposure as it leads to skin staining as well.
- Take over-the-counter antihistamine, like Claritin, Zyrtec, Allegra, or Benadryl per directions on package as needed for itching.
- Apply ice packs in 20-minute intervals to especially sore areas as needed for pain relief.

- Elevate legs for added pain relief.
- Resume normal diet and medications.
- Resume normal daily activities, except you should avoid strenuous activities such as high impact aerobics, running, squats and weight lifting.
- Walk at least 1 hour per day.
- Avoid hot tubs, hot baths and hot showers because the hot water causes vasodilation. You may shower with lukewarm water.

Day 3 to 3 weeks:

- Treated areas may be sore and red-purple in color, with some bruising.
- Continue to wear thigh-high compression stockings during day hours for next 21 days (put on in the morning and take off before going to bed).
- Resume normal athletic activities as tolerated. You may resume strenuous activities such as high impact aerobics, running, squats and weight lifting one week after procedure.
- Avoid hot tubs, hot baths and hot showers because the hot water causes vasodilation. You may shower with lukewarm water.
- Avoid use of NSAIDs like Motrin, Advil, or Aspirin, as taking these medications can lead to skin staining. Avoid direct sun exposure as it leads to skin staining as well.

Notify our office if you experience any of the following:

- painful skin ulceration
- increasing pain
- persistent itching or rash
- progressive areas of blistering, redness, warmth or drainage
- fever
- swelling
- persistent bleeding
- lump formations

- shortness of breath
- chest pains
- leg numbness

These post-operative instructions were reviewed with me prior to discharge, and I understand the expectations of my physician. I understand I must call the office immediately if any unexpected side effects arise.

Patient Signature _____

Staff Signature _____

Date ____/____/____