

WHAT TO EXPECT | SCLEROTHERAPY

Patient Name

Appointment Date

Time

Arrive at

Before Your Procedure

- ▶ Your appointment time is the time we anticipate beginning the procedure.
For your first session, please arrive at least 15 minutes ahead of your appointment time to allow time to change clothing, complete paperwork, and address any last minute questions.
- ▶ **Bring your compression stockings with you.**

Your Procedure

- ▶ After paperwork is complete and you have changed clothing, a brief ultrasound mapping may be performed for planning purposes.
- ▶ Your position on the table may vary depending on the location of abnormal veins.
- ▶ Multiple injections are performed in abnormal veins with a very small needle. Anticipate 5–15 injections for larger varicose veins and more for spider veins.
- ▶ Your session will last approximately 30 minutes.
- ▶ It is usually more efficient to treat one leg at a time until the “touch up” stages are reached near the end of your treatment plan.
- ▶ We recommend waiting at least two weeks after a treatment before another treatment on the same leg.
- ▶ When the procedure is complete, your leg will be cleansed and your compression stocking will be applied. An additional compression wrap may be applied.

After your Procedure

- ▶ **You will be asked to walk for approximately 15 minutes immediately after the procedure.**
- ▶ **You may drive yourself home.**
- ▶ **You should wear your stocking and wrap for 24–36 hours, and then your stocking during the day for several as your doctor instructs.**
- ▶ **You may resume normal activity, diet, and medications immediately.**
- ▶ **Avoid core muscle exercises or heavy lifting or straining for a few days as these activities may increase venous pressure in the treated vein.**
- ▶ **You may shower as soon as you remove the compression garment placed in the office (24-36 hours), but you should avoid hot baths.**
- ▶ There may be some bruising or discoloration along the path of the treated veins. It will slowly resolve over time.
- ▶ **Call your doctor for:**
 - Fever greater than 101 degrees F.
 - Pain or swelling severe enough to limit normal light activity such as walking.
 - Skin ulcer or sore larger than ¼ inch.