

## Sclerotherapy Discharge Instructions

Sclerotherapy is a popular method of eliminating spider veins. A solution called a sclerosing agent (Polidocanol), is injected into your tiny veins. The solution damages the lining thus resulting in inflammation and closure of the veins. Over the next several weeks or months, your spider veins will clot and be absorbed by your body causing them to fade.

We expect a 30-40% reduction in spider veins with each treatment.

### Aftercare Instructions

- After the treatment you will be able to drive home. You may resume regular activities and are encouraged to walk.
- **Wear compression stockings for 24 hours, day and night.** After the initial 24-hour period, **wear compression stockings during the daytime for 3 days taking them off at night.** You may find it beneficial to continue to wear the compression stockings during the daytime after the initial 4 days as healing can take up to 6 weeks. Compression stockings can never be worn too much.
- You may experience slight discomfort such as tenderness, aching or throbbing for the first few days after the treatment. Walking will help dissipate this sensation. Ibuprofen may also be taken for any discomfort. Ibuprofen should be taken with food.
- Significant bruising may occur. This is a normal process and you should not be alarmed.
- The blood vessels may appear to turn dark in color and/or be slightly tender and firm to the touch, especially if the vessel is larger or closer to the surface of the skin. This could be an entrapment of blood in the closed vessels. This is a normal and anticipated response to the procedure. These areas of entrapped blood can be evacuated if the area becomes tender, or if darkening (hyperpigmentation) occurs. Please call The Vascular Institute with any questions.
- Exercise is an important part of the healing process. A 20-minute walk or bike ride once or twice a day is best for the healing process. If you are already involved in an exercise program, you are encouraged to continue. *The only exercises to avoid are leg exercises with weights and high impact aerobics.* These activities should be avoided for 7 days.
- Sun exposure is NOT recommended for 10 days after your treatment. You have an increased risk of sunburn everywhere on your body. A sunburn on areas that have recently been treated could result in skin damage.
- Hot tubs, saunas and long hot baths are not recommended for 1 week following treatment. The heat causes the veins to dilate and decreases the effectiveness of the treatment.

### Please call your ordering doctor or primary care physician if you notice any of the following:

- Significant pain at the site unrelieved by Tylenol
- Hematoma or painful lump around the site
- Fever greater than 100.6°F
- Redness or drainage at biopsy site
- Continued nausea and vomiting

### Seek EMERGENCY CARE if you have:

- Chest pain
- Uncontrolled bleeding
- Confusion or change in mental status
- Difficulty breathing or shortness of breath
- Progressive swelling of any area
- Severe abdominal pain or bloating
- Dizziness or feeling like you are going to pass out

**If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.**

Call The Vascular Institute at 208-535-5959 or after hours at 208-390-2457 with any questions about the treatment or how your legs are feeling.

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(Patient name - Please print)

### Your radiologist was:

### I understand the above information.

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(Patient or family member's signature)                      Date

### Reviewed with me by:

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(Technologist or nurse)    Date

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