

Foam Sclerotherapy Discharge Instructions

Foam sclerotherapy is a treatment which involves mixing air with a solution (usually Sotradecol) and injecting it directly into your problematic veins. This foam solution damages the lining resulting in intense inflammation and closure of your vein. Over the next several weeks, your veins will clot and be absorbed by the body causing them to fade.

Aftercare Instructions

- A 3-week follow up appointment will be scheduled before you leave.
- After the treatment you will be able to drive home. You may resume regular activities and are encouraged to walk.
- We recommend that you **wear the compression dressing and compression stockings for 24 hours, day and night.** After the initial 24-hour period, you can remove the pressure dressing and **wear compression stockings 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 3 days as healing can take up to 6 weeks. Compression stockings can never be worn too much.
- You may experience slight discomfort such as aching or throbbing for the first 1-2 weeks after the treatment. Walking will help dissipate this sensation. If discomfort continues, Ibuprofen may be taken with food.
- Significant bruising may occur. This is a normal process and you should not be alarmed. The vessels may appear to turn dark in color and/or be slightly tender and firm to the touch. This could be an entrapment of blood in the closed vessels which is a normal response to the procedure, and will be evacuated at the time of your next treatment session. If this area of entrapped blood becomes very tender before your next appointment, please call The Vascular Institute.
- 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. 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, as the warmth causes the veins to dilate.

Please seek URGENT CARE if you have:

- Significant pain and tenderness in calf or thigh
- Progressive swelling of one leg
- Large area of redness and warmth of the calf or thigh
- A heavy ache or throbbing in one leg

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 208-524-7237 with any questions or concerns.

(Patient name - Please print)

Your radiologist was:

I understand the above information.

(Patient or family member's signature)

Date

Reviewed with me by:

(Technologist or nurse)

Date

3-week appointment date/time:

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