

Pre and Post Op Instructions for Venous Sclerotherapy (Varithena/Foam Sclerotherapy)

Pre-Operative Instruction for Venous Sclerotherapy procedures.

Getting back to normal is easy when you follow these procedure prep instructions for your Venous Sclerotherapy.

- Drink plenty of water prior to arriving the day of the procedure to ensure you are well hydrated.
- Wear loose, comfortable clothing, such as long pants, shorts, or a skirt.
- Undergarments may get stained, as the provider preps the leg.
- Jobs which require a high degree of physical activity such may require an additional 1-2 days off work, however many patients are able to go back to work that same day.
- If you have been prescribed sedating medication by our providers before the procedure (Ativan, etc) **please take it 30 minutes before your scheduled procedure, and please arrange transport to and from the procedure.**

Post-Procedure Care for Ultrasound-Guided Foam Sclerotherapy

The healing process for ultrasound-guided foam sclerotherapy is generally easy. With that being said, it's still extremely important to follow our post-procedure instructions to have the best vein care experience possible.

- Compression will promote clearance of the medication in the vein and reduce staining. Therefore, it's best to wear your compression stockings during the day for the next 3 days. You may remove them temporarily to shower.
- After the first 3 days, you may wear your compression stockings daily as needed (pain, swelling and discomfort) except while showering and sleeping for an additional week. Following this period, they may be worn at your discretion.
- Avoid very hot showers and avoid tub baths, hot tubs, and swimming for one week. Pat the skin dry after showering. Soothing aloe vera gel or cool packs may be used to ease any discomfort, and Tylenol or ibuprofen may also reduce any post-treatment irritation. However, please avoid the use of aspirin.
- Complications after a venous closure/ablations occur at a low rate by experienced operators. If you are one of the rare people who have this complication, rest assured we are here for you.