



SCLEROTHERAPY - PATIENT INSTRUCTIONS
ULTRASOUND GUIDED & COSMETIC SCLEROTHERAPY

About your procedure:

- Sclerotherapy involves injection of Asclera (polidocanol solution) into diseased or unsightly spider and varicose veins.
- This is accomplished by directly injecting the medicine into the vein or through a small IV.
- The polidocanol irritates the inside of the vein causing the vein to collapse, reducing both the symptoms and appearance of these veins.
- This sets up a healing process to diminish the veins over the course of weeks to months for full improvement.

Before your procedure:

- Shower prior to arrival and abstain from applying lotion to the treatment areas on procedure day.
- Wear loose comfortable clothing and footwear. Bring your compression stockings.
- Eat a healthy, nutritious meal. Hydrate well and avoid or minimize caffeine consumption.

After your procedure:

- Compression bandages or stockings will be placed following this procedure.
- Special compression instructions may be given based on the location of your treatment.
- Begin applying lotions formulated for bruising, such as those containing arnica, for bruising and discoloration the day following your procedure.
- Walking is encouraged. Walk daily for 10-20 minutes until your follow up appointment.
- There are no restrictions on normal activities of daily life.
- Elevating your legs periodically (every 1-2 hours) for 5-10 minutes is beneficial.
- You can shower the day after your procedure.
- Avoid strenuous lifting and exercise for 1 week.
- Discuss travel plans such as long car rides and flights within 1 week of procedures with your provider.
- Avoid swimming, hot tubs, and prolonged submersion of treated legs for 5 days.

What to expect following your procedure:

- Bruising, tenderness, soreness and mild to moderate symptoms are common following procedures.
- Occasionally treated veins can become hardened or inflamed with redness (called phlebitis). While painful, this is not unusual. Treat symptoms with warm compresses, over the counter pain medication, and comfortable compression therapy.
- Use Tylenol and Ibuprofen for symptoms of pain or discomfort.
- Areas of phlebitis, discoloration and bruising can be treated with lotions containing arnica.

*****You may receive modified instructions based on your individual case, symptoms, and circumstance.**

Please reach out to the office with any questions or concerns at 513-232-2400. ***

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