



VARITHENA (“FOAM”) - PATIENT INSTRUCTIONS

About your procedure:

- Varithena® (polidocanol injectable foam) is an FDA approved prescription medicine injected into abnormal veins under ultrasound guidance to seal them shut.
- There will be a small injection of lidocaine near the vein that is to be treated. A small IV is placed into the diseased vein and the medicine (Varithena) is injected into the vein.
- The Varithena microfoam fills the desired section of the vein and treats the vein wall, causing irritation to the diseased vein, and causing the vein to collapse and seal shut.
- The microfoam disperses as it comes into contact with blood in healthy veins.
- Blood flow is redirected to healthier nearby veins.

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:

- Wear compression for 24 hours - either the compression bandage applied in office or your stocking
- 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.
- Avoid strenuous lifting and exercise such as running for 1 week.
- Avoid flying and long car trips for 1 week following procedures. Discuss travel plans with your provider.
- Avoid swimming, hot tubs, and prolonged submersion of treated legs for 5 days.
- You can shower the day after your procedure.

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 (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.
- A sensation of “tightness”, not dissimilar to muscle soreness, can occur 1-2 weeks following the procedure.
- You should follow up approximately 1 week following your last procedure with an ultrasound
- 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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