



## **VARITHENA (“FOAM”) - PATIENT INSTRUCTIONS**

### **About your procedure:**

- Varithena® (polidocanol injectable foam) is an FDA-approved prescription medicine injected with ultrasound guidance to seal abnormal veins.
- A small lidocaine injection is given near the treated vein. An IV is placed in the diseased vein to inject the Varithena medicine.
- Varithena microfoam fills the vein, irritating the wall, which causes the diseased 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 (bandage or stocking) for 24 hours.
- Walk daily for 10-20 minutes until your follow-up.
- There are no restrictions on normal activities of daily life.
- Elevate legs 5-10 minutes every 1-2 hours.
- Avoid strenuous lifting and exercise such as running for 1 week.
- Avoid flying and long car trips for one week post-procedure. Discuss travel with your provider.
- Avoid swimming, hot tubs, and prolonged submersion of treated legs for 3 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 after procedures.
- Treated veins may become hard or inflamed (phlebitis)—a common, painful occurrence. Treat with warm compresses, OTC pain relief, and comfortable compression.
- Use Tylenol and Ibuprofen for symptoms of pain or discomfort.
- Tightness, like muscle soreness, may occur 1-2 weeks post-procedure.
- Schedule an ultrasound follow-up approximately 1 week after your last procedure.
- Areas of phlebitis, discoloration and bruising can be treated with lotions containing arnica.

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