



BEFORE YOUR VARITHENA/SCLEROTHERAPY PROCEDURE INSTRUCTIONS

In preparation for your procedure, be sure to drink lots of water and avoid caffeine as this may affect the doctor's ability to access your vein(s). Be sure to bring your thigh-high stocking because you will need to wear this after the procedure for at least 48 hours. Take all your medications as per your usual routine. There is no need to stop blood thinners unless you were instructed otherwise.

VARITHENA/SCLEROTHERAPY PROCEDURE AFTERCARE INSTRUCTIONS

Today, a procedure called sclerotherapy was used to treat your veins/varicose veins. The doctor may have used VARITHENA or ASCLERA, which are both different forms of the same medicine-polidocanol.

You may experience bruising, swelling, tightening/cord like sensation, hard lumps/bumps, redness, or temporary darkening of the of your skin overlying the treated veins. These symptoms are normal and should begin to subside within 1-3 weeks.

To reduce discomfort and inflammation:

- **Wear your compression stockings** – you leave the stocking on for the first 2 days after the procedure and then wear them for an additional 5 days taking them off at night.
- **Take pain medication** – the procedure causes inflammation which can result in pain and soreness; therefore, take anti-inflammatory medications such as ibuprofen, Advil, Aleve or Motrin. If you cannot take these types of medications, extra strength Tylenol may be helpful.
- **Use cold compresses** – cold compresses or ice packs applied to the treatment area can help with pain and swelling. Avoid heat as this can sometimes result in worsening of symptoms.



For the first week after your procedure avoid high-impact exercise, excessive jumping activities and weight lifting more than your body weight.

After 48 hours, you can remove any band-aids or dressings that are on the skin. You can also shower, but do not bathe, soak or submerge your treated leg in hot water. Avoid using a hot tub or sauna for 1 week.

Being active helps with healing. You can resume normal activity, work and exercise right away. If you will be traveling and expect to sit for extended periods of time or travel by plane, make sure to wear your compression stockings and walk frequently.

You may resume all medications as before the procedure including any blood thinners.

***A follow-up appointment with an ultrasound is required within 3-5 days after the procedure. This appointment is very important to assess the successful closure of the vein and to check for potential complications including blood clots.

*****If you develop a fever of more than 100°F or 38°C, severe or worsening pain, leg swelling, redness or raised, hot, itching bumps in the treated leg, call our office immediately at 708-323-4000. If you cannot reach the doctor, go to the nearest emergency room or call 911.**