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Name \_\_\_\_\_

DOB \_\_\_\_\_

# SCLEROTHERAPY

## POST-PROCEDURE INSTRUCTIONS

### DAY OF PROCEDURE:

#### DRESSING:

- We ask that you continuously leave any wraps, tape, and/or compression stockings on continuously for 48hrs after sclerotherapy

#### ACTIVITY:

- Resume Normal activities
- Walk for at least 20 min
- When sitting keep your leg elevated
- Do not drive if you have received any sedation
- See below for additional instructions

#### MEDICATIONS:

- Resume all your home medications the same day of your procedure
- Resume your Anticoagulants such as Coumadin, Xarelto, Eliquis, Brilinta, Plavix etc. **UNLESS YOUR PHYSICIAN HAS ADVISED YOU OTHERWISE**

### POST PROCEDURE WEEK:

#### BATHING:

- The second morning after your sclerotherapy procedure, you can shower, leaving the stockings on. After your shower, you may lie down in bed in order to switch into dry stockings
- We recommend avoiding saunas, hot tubs, and any extended exposure to heat-based therapies that risk dilation of the blood vessels for two weeks
- No Sunbathing for one week

#### COMPRESSION:

- We ask that you continuously leave any wraps, tape, and/or compression stockings on continuously for 48hrs after sclerotherapy.
- After the first 2 nights, you wear them only during the day for 2 to 3 weeks.

#### ACTIVITY & EXERCISE:

- It is important that you walk for at least 20 minutes per day after this procedure, although an hour per day is preferred for 2 to 3 weeks
- Light exercise like bike riding or gentle aerobics are safe options.
- Vigorous exercise Valsalva maneuvers, squatting, heavy weightlifting ( $\geq 40\text{LB}$ ), or any activity that requires you to "bear down" should be avoided for two weeks.
- Avoid long flight and car journey for 1 week

### Notes and Additional Orders:

- Avoid wearing high heels

#### PAIN:

- Manageable amounts of tenderness, irritation, bruising, and inflammation is expected after this procedure. It is also common for tenderness to increase slightly during your second week of recovery.
- These symptoms can be safely relieved with the use of ibuprofen (Advil), acetaminophen (Tylenol), and naproxen (Aleve).

#### FOLLOW-UP:

- We will schedule a follow up appointment around two months following your final sclerotherapy session, so that we may evaluate results and determine if more sclerotherapy is required.
- Multiple treatments, 1 to 3 are typical. Repeat treatments are generally separated by 1-2 weeks.

#### SIDE EFFECTS:

- Irritation, Bruising, Itching and pain:
  - Resolves with time
- Intravenous Thrombi:
  - There are times when blood gets trapped inside a vein, and can be removed by micro-thrombectomy
- Hyperpigmentation:
  - One of the most common side-effects experienced after sclerotherapy is a dark, reddish-brown change in the skin along the injection sites
  - This change can take months or years to fully resolve, and in some situations can be permanent
  - Hyperpigmentation happens as a result of iron deposition from trapped red blood cells in the treated area.
  - We recommend that you avoid iron supplements around the time of your procedure in order to reduce the chances of this condition.

#### IMMEDIATELY CALL PIONEER VEIN CENTER IF YOU EXPERIENCE:

- Warmth or redness along the treated portion
- Fever over 101°F
- Prolonged tenderness
- Shortness of breath
- Swelling in the treated limb
- Moderate or severe pain that stop you from performing normal activities
- Infection or inflammation
- Visible, superficial clots to treated areas
- Please also feel free to call with any questions or concerns