



Ultrasound Guided Sclerotherapy Procedure Instructions

Pre-Procedure:

1. Eat a normal meal prior to coming for the procedure.
2. Take all prescription medications as prescribed by your physician. This includes medications for anticoagulation: Coumadin or Plavix.
3. Make sure that you are well hydrated drinking 32oz of water prior to procedure.
4. It is helpful to take two Extra Strength Acetaminophen **or** 800mg (4-200mg tablets) Ibuprofen tablets prior to closure procedure.
5. Wear loose fitting pants and shoes.
6. **DO NOT** drink caffeine 4 hours prior to procedure.
7. You may purchase a 20-30mm thigh high compression hose to be worn post procedure. *These are available at our office.

Post-procedure care:

1. Your leg will be wrapped in a compression dressing which you will wear overnight. You may remove the dressing in the morning following the procedure. For your comfort, we recommend wearing a compression stocking for 4-5 days after the procedure.
2. Elevate your feet above your heart whenever you are sitting for extended periods of time.
3. Daily mild exercise, such as walking is advised. Avoid exercise that creates excessive core pressure in the abdomen, such as sit-ups, for at least 4 days after closure.
4. Avoid prolonged standing or sitting. Plan to stretch your legs for several minutes at least once every hour.
5. Avoid hot baths or tub baths for 48 hours after the procedure. Warm showers are fine.
6. Do not apply lotions or creams to legs after procedure for at least 2 days. Do not shave your legs for 2 days.
7. Avoid touching closure sites with unwashed hands. It is not necessary to apply antibiotic creams or ointments to sites to prevent infection after procedure unless directed by the doctor.
8. It is recommended that you do not fly for two weeks after the procedure.

What can be expected after closure?

After the procedure is performed, some patients have mentioned that they feel as though their leg is bruised. There might be a tight roping sensation to the vein, this is totally normal.

Should this sensation become uncomfortable, the patient can take 600mg of Ibuprofen every 6 hours with food or two Extra Strength Acetaminophen every 4-6 hours as needed. Applying warm compresses to this area is also recommended.

What will the patient's leg look like after closure?

All patients can expect that his or her leg will appear to be swollen or puffy along the area where the vein was closed.

After the procedure, it is not uncommon for there to be some bruising. There may be some tenderness at the injection sites. Some patients have also experienced a reaction to closure called "staining." Staining is completely harmless. The

“stained” appearance usually resembles a bruise or a tea colored stain along the closed vein. This staining will fade over time, as the closed vein is absorbed by the body.

What should a patient report to the doctor?

A patient should call and ask any questions or express any concerns that he/she might have after closure. However, there are certain symptoms or potential problems that should absolutely be reported. If a patient notices any of the following symptoms:

- Angry redness that radiates out from an injection site.
- Significant swelling with heat to an injection site or along the leg.
- Increased pain or pain that is not improving with consistent use of Ibuprofen or Acetaminophen for a period of 24 hours.
- Bleeding that is uncontrolled after applying direct pressure to the site for a least 2 minutes and elevating the leg above the heart.

What should a patient do if there is a serious problem after normal office hours?

As always, in case of a life-threatening emergency call 911 or go the emergency room.

If the patient encounters an urgent problem outside of regular business hours, the patient should call Athens Vein & Thoracic Specialists at 706-850-3444. The answering service will direct the call to the appropriate provider. The Ultrasound Guided Sclerotherapy procedure is minimally invasive. The chance of having a blood clot in the deep veins is very low. Additionally, it would be rare for a person to have difficulty in controlling bleeding after Ultrasound Guided Sclerotherapy. Holding firm pressure at the site is usually very helpful in stopping bleeding.

By signing below, I acknowledge that I have read the instruction form in its entirety. My healthcare provider has adequately informed me of all the instructions. All questions have been answered to my satisfaction.

Patient Printed Name: _____

Date of birth: _____

Patient Signature: _____

Date: _____

Witness Signature: _____

Date: _____