

Ultrasound guided Sclerotherapy (UGFS) Instructions

Before the treatment:

- You may eat and drink normally
- Take a warm bath or shower and wear loose comfortable clothes
- Apply numbing cream such as Emla® Cream over the varicosities at least 30 minutes before the procedure as instructed. That will help you with the freezing during the procedure. However the initial response to the cream is very personal and results may vary.
- If you take medication routinely, please take it on the day of your procedure unless you are directed otherwise
- Bring a 20-30 mm Hg thigh high medical compression stocking (you have to be measured for stockings and ordered, please plan ahead at least 4 days prior)
- You may drive yourself to and from the clinic.
- You will be required to sign an informed consent just prior to the procedure.

During the treatment:

Sclerotherapy does not require any special preparation or anesthesia. The area to be treated is cleansed with an antiseptic. A fine needle is then used to inject a sclerosant solution into the vein. Depending on the vein treated, ultrasound will be used to properly identify the vein.

The solution irritates the vein making it collapse. You may experience a very transient discomfort over the vein (burning or stinging sensation) that lasts a few minutes. Rarely, you may feel a different taste in your mouth. Elastic bandages or compression stockings are used to maintain the compression over the veins to improve the results.

The treatment may take from 15-60 minutes depending on the number of veins injected. There is a limit dose of medication (sclerosant) that can be safely injected based on your body weight. It is normal to see discoloration or bruising over the vein treated.

After the Treatment:

- Walk around for a few minutes before going home.
- You should be able to drive yourself home, and if you are travelling for more than an hour from the clinic you should sit on the back seat with your leg(s) up. Stop every hour and walk around for 5- 10 minutes.
- If the outer dressing is constricting, causing numbness, you may remove and rewrap it. If there is bleeding when you unwarps it, apply pressure and elevate the leg for a few minutes before rewrapping your leg.
- Most patients do not require anything for pain or if they do nothing stronger than Acetaminophen (Tylenol®) or Ibuprofen (Advil®).
- Wear the stockings or compressions bandages for the first 24 hours continuously
- After the 2nd day, continue wearing your stockings for at least 8 more days during the daytime taking them off to sleep or for bathing
- If there is no major contraindication, start taken Naproxen as prescribed starting on the same day of the procedure. It helps to reduce the inflammation (discolouration/ pain) that naturally occurs after the procedure.
- Use Voltaren® Gel prescribed starting the second day after the procedure, apply over the area twice a day. It helps to reduce pain /discolouration and the inflammation which naturally occurs.
- You may have some bruising or tenderness along the area treated that can last for a few weeks. This can leave a hard tender lump that may take a few months to settle, and on occasion there can be brown discolouration of the skin that takes some time to disappear.

- Normal activity, including work, can be resumed as soon as you like, although contact sports, heavy exercise and swimming should be avoided for 2 weeks.
- Walk on the day of your procedure for a minimum of 30 minutes at least twice daily, and then continue walking 45 minutes to an hour every day. That will reduce the chances of complications such as blood clots.
- You should receive, as part of your Procedure Package, information about your next scan, which will check for blood clots and assess your results along with the date of your next appointment in the clinic after 4-6 weeks.
- Avoid hot baths, Jacuzzis or hot tubs for 2 weeks after sclerotherapy.
- Avoid the sun or tanning beds for 2 weeks after treatment. For the first 2 months you should use sunblock in the area treated, since permanent discoloration may occur.
- Final results may vary. The body takes time to heal. The leg may look worse than you can see improvement. Some areas and veins may need to be re-injected, depending on their initial size and response to the medication. Following proper instructions also influences the final results.
- We do not advise patients to undertake long haul air travel within 4 weeks of the procedure due to small risk of blood clots. Short flights may be acceptable, but if you have any doubts please contact your consultant's secretary before attending for treatment.
- Recurrence of the same veins can occur up to 20% of time. New spider or varicose veins can also form over time and tend to be more common.
- Please notify the office if you have any unexpected visit to the emergency department, walk-in clinic or to your family physician over the next 10 days after your procedure,

- Any questions or concerns please contact the office for further assistance:

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