



## RHODE ISLAND VASCULAR INSTITUTE

### SCLEROTHERAPY INSTRUCTION SHEET

*You will be contacted by our office before your procedure to confirm the date and time.*

#### **Before Procedure**

- Notify our staff if you normally require antibiotics for procedures so that our office can give you a prescription for the medication.
- If you have had changes to medications, new allergies, a new medical condition has developed or if you have had changes to your insurance since you were last seen in our office, please make our staff aware of these changes.
- If possible, try not to plan long trips for approximately 1 week after your injections.
- Eat lightly prior to your procedure. Make sure you are well hydrated when you arrive to our office.
- Take all your usual medications the day of your procedure.
- Wear loose fitting clothing and comfortable shoes to the office. You may bring shorts to wear for your treatment if you would be more comfortable.
- If you already have prescription compression stockings (at least 20-30mm Hg compression) and do not wish to purchase another pair, please bring them with you to the office the day of your treatment.
- Avoid tanning your legs with the application of heavy sunscreen for approximately 1 month prior to and 1 month after your treatment.
- Shower the morning of your procedure and do not use moisturizer or shaving lotion on you legs so that dressings will stay in place appropriately.

#### **What to Expect After Procedure**

- Expect variable amounts of discomfort after your sclerotherapy. You may take over the counter Tylenol or Ibuprofen following the treatment if you feel discomfort.
- Expect bruising, mild swelling and temporary darkening of the color of your veins after your procedure. Avoid tanning by the application of heavy sunscreen until this discoloration fades.
- You will need to wear a compression stocking and dressings for 3 full days & nights after the procedure without removing it at all (not even to shower). Your stocking will be snug but your toes should be pink and moving freely. On day 4, \_\_\_\_\_ remove the stocking & bandages for a short shower, then put the stocking right back on. After that time, the stocking should be worn during the day until your follow up visit. You may remove the stocking only to sleep or shower. At your follow-up visit, we will determine if you need to wear your stocking for a longer period.

- Avoid very **hot** baths and showers until your follow-up visit.
- For 2 weeks after your procedure, you should limit your activity to routine and necessary activities. Avoid strenuous exercise such as impact aerobics, weight training, yoga, bicycling, and running until your follow up visit.
- Ambulation is **very** important after your procedure. You are required to take at least a 15-20 minute walk or non-impact aerobics (such as elliptical or treadmill) at least 3 times per day until your follow up visit. When you are not walking, try to elevate your leg as much as possible. Avoid prolonged standing in one place.
- Avoid lifting more than 15–20lbs or motion that causes abdominal straining for 2 weeks after your procedure.
- Resume diet as tolerated.
- Resume usual medications after you procedure unless otherwise instructed by your physician.
- You may develop temporary skin discoloration along your treated veins after your procedure. Avoid sun-exposure to the areas by applying strong sun-screen until the discoloration fades.
- Use antibiotic ointment (such as Bacitracin) covered with dry gauze on any open areas such as tape blisters.

***If you are having extreme discomfort, drainage, rash or fever notify the office immediately***

Feel free to call the office if you have any questions at: (401) **421-1924**

If your Question is **urgent** call RI Hospital VIR: (401) **444-5194**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Follow up Appointment \_\_\_\_\_

**Please call (401) 421-1924 if you have questions or concerns.**