



The Vein Center

of THE PLASTIC AND HAND SURGERY ASSOCIATES

PRE-SCLEROTHERAPY TREATMENT INSTRUCTIONS:

Sclerotherapy or Endovenous Chemical Ablation (EVCA) is a medical procedure that involves injecting a chemical agent into a vein to shrink and collapse the treated vein so blood no longer flows through it.

Wear comfortable clothes and comfortable shoes for the treatment session. You will be requested to walk on a clinic treadmill for 20 minutes after each sclerotherapy session.

Avoid aspirin, ibuprofen, or arthritis medications for 7 days before treatment to minimize bruising & bleeding.

No lotions, creams, or oils on your legs for 2 days before and 2 days after your Sclerotherapy session.

Shower using antibacterial soap on the day of treatment. Avoid shaving your legs on the day of treatment.

You may bring Tylenol (Acetaminophen) with you to take before or after your Sclerotherapy treatment session.

Bring your medical grade compression stockings with you to each of your Sclerotherapy treatment sessions. If you forget your stockings, your Sclerotherapy session may have to be rescheduled.

Your Vein Specialist will determine the medically indicated treatment interval for your Sclerotherapy sessions. In general, Sclerotherapy sessions are scheduled every 1-2 months following your initial EVCA procedure.

Wearing your compression stockings as directed will optimize the effectiveness of your EVLA procedure and/or subsequent injection Sclerotherapy sessions.

POST-SCLEROTHERAPY TREATMENT INSTRUCTIONS:

Wear prescribed medical grade compression stockings as directed by your Vein Specialist.

You may resume normal daily activities, with the exception of strenuous activities such as high impact aerobics, running, or weight lifting which should be avoided until 2 weeks after your Sclerotherapy session.

Walk at least 1 hour per day for the first one to two weeks following your Sclerotherapy session. No hot baths or hot tubs until you clear this with your Vein Specialist. Shower with your stocking on, or take a sponge bath.

Avoid air travel for 72 hours following a Sclerotherapy treatment session.

After a Sclerotherapy session, the treatment area may look black & blue, or bruised. The treated vessels may change color. This discoloration is normal and will usually disappear as the healing process takes place. None of this should cause alarm. Remember, it has taken years for these veins to develop, and they will not disappear overnight. Be patient and allow time for healing to occur.

Contact your Vein Specialist at (601) 939-9999 if you have any questions, concerns, or scheduling issues.