

After Sclerotherapy Injections

Self-care at home

This handout gives instructions for patients to follow at home after having sclerotherapy injections.

What is sclerotherapy?

Sclerotherapy is a treatment for varicose veins. During sclerotherapy, a chemical is injected into the varicose vein. The chemical makes the vein walls stick together and form scars. This stops the flow of blood through that vein. Over time, the body naturally absorbs the closed vein.

What happens after the injection?

After you receive sclerotherapy injections, you will be fitted with *compression* (support) stockings.

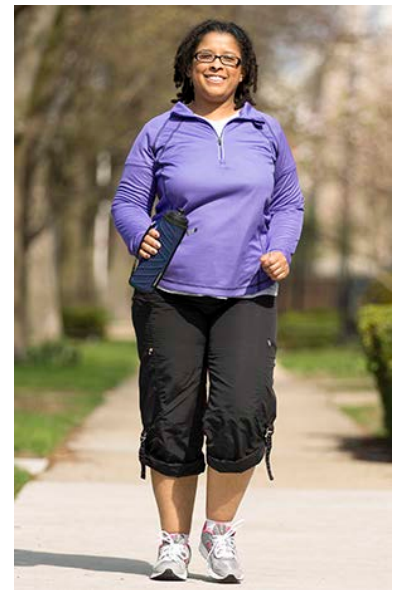
- Keep the compression wraps on for the next 3 days (72 hours), as told by your healthcare provider. **Do NOT take them off at night, unless your provider tells you it is OK.**
- After 72 hours, you can remove the stockings when you lie down, but keep them on at all other times for the next 2 weeks.

What can I expect during recovery?

After sclerotherapy, it is normal to have some pain in your legs. It is also normal to have some black and blue areas and some areas that feel hard, especially where the veins were large.

During your recover:

- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain relief.
- Start walking and doing your other normal activities right away. It is very important to walk as much as you can during your recovery. But, do only as much as you can do without pain or discomfort.



Walk as much as you can during recovery.

- Keep your legs 6 inches above your heart when you are not walking. You can do this by resting your legs on pillows when you are sitting or lying down.
- For at least 3 to 5 days, do not stand in one position or sit with your legs hanging down for long periods.
- Wear your compression stockings for 3 days and nights (see page 1). Then wear them when you are upright (standing, walking, or sitting) for the next 2 weeks.
- After 3 days, you may remove the compression stockings and take a shower. Put the stockings back on after you dry off.
- Do not take a bath, go swimming, or sit in a hot tub until you are fully healed.
- If itching bothers you, you may take Benadryl.

When to Call Your Clinic

Call your clinic at the number listed in the “Questions” box on the left side of this page if:

- Acetaminophen or ibuprofen does not ease your pain.
- The hard areas of your legs where you received injections swell or give you sharp pains.
- You have concerns about the compression.
- Your whole leg becomes swollen or painful.
- Some areas of your leg become red, warm, and sore.
- You have a fever higher than 101°F (38.5°C).
- You have blisters or tissue loss (an open wound).
- You have any other questions or concerns that cannot wait until your next clinic visit.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC patients:

- Vascular Interventional Radiology: 206.598.6209, weekdays from 8:30 a.m. to 4 p.m.
- Surgical Specialties: 206.598.4477, weekdays from 8 a.m. to 5 p.m.
- After hours and on weekends and holidays, call 206.598.6190 and ask for the Vascular Surgery Resident on call to be paged.

Harborview Medical Center patients:

- Radiology: 206.744.3105