



CENTER FOR
VARICOSE VEINS

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centerforvaricoseveins.com



Patient Instructions For Sclerotherapy

Eat your normal breakfast/lunch and shower prior to the procedure. Maintain adequate hydration prior to and after the appointment.

You will likely experience bruising, tenderness, swelling after a treatment. The veins often respond to the sclerosant medication with an inflammatory response. **Arnica** gel or cream may be used during your treatment process to speed the healing of bruises. **Arnica** does not require a prescription and can be purchased over the counter at most pharmacies or in our office.

Motrin/Advil (ibuprofen 200mg - take 1-2 tablets every eight hours with food) or **Aleve** (naproxen 225mg - take two tablets every 12 hours with food) may be used for discomfort. Please let Dr. Madan or his team know if you are already taking a prescription **anti-inflammatory** like **Celebrex** or **Mobic**.

You should expect some discomfort in your treated areas of leg (and face or hand as applicable) for a few weeks. You may find that treated areas feel tender, achy or tight. Muscle cramping is also common, as well as bruising. You may also develop a red streak or blotching over treated areas. These are normal reactions to the treatment. Other commonly noted symptoms include itching, throbbing, fullness and swelling. These symptoms will be most notable when you get up and may peak in up to 2 weeks following a treatment. An ice pack or bag of frozen vegetables wrapped in a paper towel may be helpful when applied to your tender areas for 10 minutes at a time.

“Trapped blood” may develop, usually in 2-4 weeks following a treatment session. This occurs when the blood gets caught inside the vein as it heals. This area may feel “bumpy” and tender to the touch. This is an expected side effect with sclerotherapy. If it causes too much discomfort, it can be easily treated in the office at your next follow-up visit.

Normal exercise is encouraged. Running, weightlifting, and other high impact activities may be resumed in 3 days after the procedure.

Please avoid flying for 48-72 hours and long car trips (>2-3 hours) following the procedure.

Compression stockings are helpful for the pain and swelling that can occur after treatment. They should be worn overnight for the first night after the procedure and then during your waking hours for the following 3 days.

Remember: The Center for Varicose Veins Provider may be reached at **203.762.6365**