

## SCLEROTHERAPY INSTRUCTIONS FOR SPIDER VEINS AND ULTRASOUND GUIDED TREATMENT

### Pre-procedure Instructions:

- You may continue all of your daily medications.
- Please shower prior to procedure.
- Eat your normal breakfast/lunch.

### Post-procedure Instructions:

- Normal exercise is encouraged.
- Avoid flying and long car trips (greater than 2 hours) for 1 week.
- Compression stockings may be helpful for the pain and swelling that may occur after the procedure. If the compression stockings do not help the leg feel better, you may discontinue wearing them.
- If needed for pain/discomfort:

Ibuprofen (Motrin/Advil) 200 mg tablets- take two or three tablets every eight hours with food **OR** Naproxen (Aleve) 225 mg tablets- take one or two tablets every 12 hours with food.

Please let Dr. Karamichos know if you are already taking a prescription anti-inflammatory like Celebrex or Mobic.

### What to expect post procedure:

"Trapped blood" **may** develop in the 2-4 weeks after treatment in the larger treated varicose veins. Trapped blood is when the blood gets caught inside the vein as it heals. This area may feel bumpy and tender to the touch. If it causes too much discomfort, it can be treated in the office at your next follow-up appointment.

You may find treated areas feel tender, achy, or tight. Bruising and muscle cramping are common. You may develop a red streak or blotching over the treated areas. Other common symptoms are throbbing, itching, swelling and fullness. These symptoms are most notable when you get up and may peak in up to two weeks post procedure. An ice pack may be helpful when applied to your tender areas for 10 minutes at a time. **Arnica** gel or cream is available over the counter and may be used to help with bruising and pain.