

PCI Medical Pavilion
202 10th St. SE, Suite 225
Cedar Rapids, IA 52403
800/982-1959 or 319/364-7101

Jones Regional Medical Center
1795 Highway 64 East
Anamosa, IA 52205
800/982-1959 or 319-481-6213

Regional Medical Center
709 W Main Street, Suite 100
Manchester, IA 52057
800/982-1959 or 563/927-2855

Unitypoint.org/cardiologyclinic

Sclerotherapy

Overview

Sclerotherapy is a medical procedure performed to eliminate varicose veins and spider veins. Sclerotherapy involves an injection of a salt solution through a tiny needle directly into the vein to shrink the vessel. A minor stinging or burning sensation is common during and right after the injection(s.) The sensation is short lived. If necessary, the procedure can be performed under local anesthesia.

Side Effects of Sclerotherapy

Side effects after sclerotherapy include:

- Itching - this can last for one or two days after the procedure.
- Raised, red areas at the injection site. This will disappear in a few days.
- Bruising at the injection site. This can last several days or weeks.
- Larger veins that have been injected may become lumpy and hard and may require several months to dissolve and fade.
- Brown lines or spots may appear at the vein site. These commonly disappear within three to six months.

Should any of the following side effects occur, contact your doctor immediately. These include:

- A sudden onset of a swollen leg.
- Formation of small ulcers at the injection site.

Allergic reactions are rare. If you have a history of allergies speak with your physician about your medical history.

Expectations

Plan to be at our office for one hour. The number of veins injected during the procedure can vary and is dependent on the size and location of each vein.

Your leg(s) will be wrapped with gauze and ace wraps for 24 hours to “compress” the treated vessel(s). You will return to the office the next day to be examined by a nurse. Bring your compression stockings to the appointment.

PRE-PROCEDURE INSTRUCTIONS

Please consider and follow these pre-procedural instructions prior to your procedure.

- **Driving** – Sclerotherapy is performed in our office under local anesthesia. You will receive medication to help you relax, so please make arrangements for a driver to take you home.
- **Food and medication** - Minimal food or drink is recommended the morning of the procedure to enhance absorption of the medication. A light breakfast or snack is acceptable. Take your normal medications. If your procedure is scheduled in the afternoon, a light lunch is acceptable.

Appointments

Procedure:

Date: _____

Time: _____

Follow-Up:

Date: _____

Time: _____

✚ You will have a 24 hour follow-up appointment to recheck the affected leg.

✚ If you need to cancel or reschedule your procedure, please contact us within one week of your scheduled appointment

Sclerotherapy

POST-PROCEDURE INSTRUCTIONS

After your procedure you may resume normal activities with the following exceptions and suggestions.

- **Activity:**
 - ✓ Walking is encouraged following the procedure. Avoid vigorous exercise for 1-2 weeks.
 - ✓ You may return to work tomorrow.
 - ✓ Avoid prolonged sitting or standing for 1 week.
 - ✓ Do not fly for 1 week.
 - ✓ Drink plenty of water to avoid dehydration.
- **Pain Management** - You may experience minimal discomfort after the procedure. Tylenol may be taken for pain management: 500-1000 mg every 4 hours.

Avoid aspirin, ibuprofen or other anti-inflammatory drugs for 48 hours after sclerotherapy.

- **Bathing** - Avoid the following for 48 hours after treatment:
 - ✓ Hot baths
 - ✓ Hot compresses
 - ✓ Whirlpools or saunas
 - ✓ Direct exposure to sunlight

Showers are permitted. The water should be cool to warm and the injection site(s) may be washed with mild soap.

- **Compression stockings:**
 - ✓ Day 1-3 wear the compression stockings day and night. (You may remove the stockings to shower.)
 - ✓ Day 4-30 wear the compression stockings during the daytime hours.

Insurance

Check with your insurance company prior to your procedure to assure your Sclerotherapy procedure is a covered benefit with your plan. This will be billed as an office procedure. Please ask they quote your financial responsibilities.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.