

# Sclerotherapy Discharge Instructions

Dr. \_\_\_\_\_

Phone: \_\_\_\_\_

# Sclerotherapy Discharge Instructions

- Your varicose veins have been injected with \_\_\_\_\_, during a treatment called sclerotherapy. This medication causes a blockage in your varicose veins. This forces the blood to go around the blockage and travel through nearby healthier veins, increasing blood flow in your legs.

**It is important that you follow these directions to prevent blood clots from forming in your healthy veins:**

- You should be able to go back to your usual activities on the same day.
- Wear your bandages for \_\_\_\_\_ days. Your surgeon will tell you when you can stop wearing them.
- Wear compression stockings or bandages if your surgeon has prescribed them for you. You can buy these at a drugstore. These are used to press down on your treated veins.
- **Do not** sit for long periods. Walking and moving around are important to prevent blood clots.
- Keep your affected leg raised above the level of your heart when sitting.
- **Do not** cross your legs when sitting.

- **Do not** stand still for long periods.
- Go for a walk each day.

**Your follow-up appointment is on:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

## **Mild side effects**

- You may have slight stinging or burning around the injection site.
- Raised red areas at your injection site should go away within a few days.
- You may have itching for 1 or 2 days.
- Bruising can last several days or a week.

**Call your surgeon's office if you have any of these symptoms:**

- › Persistent (long-lasting) throbbing
- › Severe (very bad) pain
- › Sudden swollen legs

**If you cannot talk to your surgeon, go to the nearest Emergency Department.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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