



Chemical Ablation

(Varithena, UGS, Cosmetic UGS)

Pre-Operative Instructions for Chemical Ablation

- It is very important that you arrive at the facility 30 minutes early. After signing in, we ask that you remain standing to help your veins open fully.
- You may eat a regular meal prior to your procedure.
- Take your regular medications prior to the procedure.
- Please let us know if you are on Heparin or Coumadin, or another anticoagulant.
 - Bring medication list.
- Loose fitting, comfortable clothing and shoes should be worn.
- Valuables such as jewelry should be left at home.
- Your visit takes approximately 30-45 minutes.
- There are travel restrictions post procedure. Please consult the staff if you have travel plans that coincide with the procedure.
- **DO NOT** wear your compression stockings the day of your procedure. **BRING THEM WITH YOU.** After the procedure, we may apply your compression stockings or use a compression dressing.

Chemical Ablation Procedure Overview

Sclerotherapy is the injection of medication ("sclerosant") via needle into veins. The goal is to irritate the inner wall and scar the veins from within, so these abnormal veins close and no longer fill with blood. Several treatments are usually required to obtain maximum results. An ultrasound exam is completed prior to each procedure to visualize where the injection will be placed. Your leg is cleaned, and the provider will insert the needle and inject the medication. The actual chemical procedure takes about ten (10) minutes, some procedure techniques will require you to remain laying for a period of 15-20 minutes after the injection. Procedures considered cosmetic can take up to 1-hour. A pressure dressing/ compression garment is applied to assist healing and minimize swelling. This dressing should be kept on for approximately 2-days and then return to daily compression wear.

Post- Chemical Ablation Instructions

- Before leaving the office, make sure your next appointment has been scheduled. Please notify the office if you need to reschedule any of your appointments, preferably 24-hours in advance.
- **Pressure dressings/compression hose should be worn for 48 hours** after your procedure, including sleeping and showering. If there is displacement or extreme discomfort (pinching, rubbing, etc.) of the



dressing despite efforts to re-wrap, please contact the office and speak to a clinician. You may be able to eliminate the dressing before 48-hours.

- Do not be alarmed if you see some drainage on the dressing.
 - After 48-hours you can get your leg wet (shower, swim)
 - Beyond the 48-hours, resume day-time compression use.
- For pain/discomfort, you may use ibuprofen or acetaminophen (**UNLESS YOU HAVE BEEN ADVISED NOT TO TAKE THESE MEDICATIONS FOR ANY REASON INCLUDING POTENTIAL INTERACTION WITH CURRENT MEDICATIONS**). You may take up to 600mg of ibuprofen every 6-hours or 500mg of acetaminophen every 4-hours, with food, as needed.
- **DO NOT** use heat. Avoid hot tubs and hot showers. Lukewarm showers are okay.
- You may use a cold compress or ice pack (may be beneficial even after the dressing is removed). **DO NOT** apply ice directly on your skin.
- Maintain some level of activity. This should consist of mild to moderate walking. Standing or sitting for long periods should be avoided for the next 3-5 days.
 - Do not power walk, run, vigorously exercise, or perform any other activity that will increase your body temperature for the next 3-5 days.
- If travel is anticipated or becomes necessary within a week of the procedure, please seek guidance from one of the providers.
- Your provider may ask you to elevate your leg periodically and/or pedal your foot. Elevation helps decrease swelling.
- Use sunscreen of at least 30 SPF, every 2-hours, any time you are in the sun post procedure; or cover treated area completely. Sun exposure to bruised or treated areas will increase the chance of permanent hyperpigmentation (skin discoloration).
- Homeopathic Arnica® in cream and/or oral form may be used in addition pre-operatively or post-operatively. Arnica® is routinely used for cosmetic procedures to help decrease bruising and discomfort. You may purchase this at our office, most retail pharmacies or from a health food store.

Possible Side Effects

- **Pain**-You may experience pain in the treated area. The tenderness decreases as you heal.
- **Redness** - is usually not infection but rather inflammation which does not require an antibiotic. If this increases in size or becomes more tender, please contact the VVC office to report.
- **Itching or Burning** - Thus can be normal and should resolve within 1-2 hours but can last 2 days.
- **Hyperpigmentation**- After your treatment, you may notice some discoloration (dark streaks) along the treated veins. This occurs when the blood gets trapped inside the vein after it closes. We can usually "express" or "flush" the trapped blood out on your next visit if this is necessary. If the flushing does not alleviate the discoloration, it will fade on its own over time. In rare instances, this darkening of the skin may persist.



- **Swelling**- Can occur after a treatment. This usually occurs above the compression dressing or in exposed areas not wrapped. **Wearing compression hose and elevation helps.**
- **Numbness or altered skin sensation** - May occur at the site of treatment or lower on the leg or foot. This usually decreases or becomes less noticeable over several months.
- **Skin Slough** - Sloughing is rare after undergoing sclerotherapy. If a small sore appears at the injection site it will heal over several weeks, however, you should contact the office and speak to the nurse.
- **Spider Pattern(s)** - Over the treated area is a rare consequence of closing a varicose vein. Usually, blood is shunted to the deep system but occasionally it can shift to the skin causing visible spider veins.
- **Skin Ulceration** – In rare cases, a blister may form, open, and become ulcerated. Healing occurs slowly over a few weeks. Healing may leave a small scar.
- **Deep Vein Thrombosis (DVT)** – This is a rare but reported complication of sclerotherapy. With a DVT there is always a risk of pulmonary embolus (a deep blood clot breaking off and passing to the lungs). The signs of DVT would be new swelling of the lower leg with dull pain, which increases with muscle use. Contact the office and speak to a nurse if you are experiencing these symptoms.
- **Pulmonary Embolus** - would present as unexplained shortness of breath or pain on inhalation.
- **Superficial Venous Thrombosis (SVT)** – This is partial or unexpected closure of a vessel that cause phlebitis and may be painful.
- **Follow Up** - please make every effort to schedule your follow up appointment so we reassess the current care plan.

IF YOU EXPERIENCE CHEST PAIN, PAIN WITH BREATHING, SHORTNESS OF BREATH OR ANY COMBINATION OF THOSE SYMPTOMS, HAVE SOMEONE DRIVE YOU TO THE EMERGENCY ROOM. OTHERWISE, IF YOU HAVE ANY QUESTION REGARDING YOUR PROCEDURE, PLEASE CALL OUR OFFICE AT 1-877-244-8558, 24; ON CALL PHYSICIANS ARE AVAILABLE AFTER HOURS. YOUR CONCERNS WILL BE ANSWERED AT THAT TIME OR AS SOON AS POSSIBLE.