

# NORTHWEST **Vascular and Vein** *Specialists*

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## **ULTRASOUND-GUIDED INJECTION SCLEROTHERAPY** **FOR BELOW SURFACE VARICOSE VEINS**

Ultrasound guided sclerotherapy with foam is one treatment for varicose veins. Often ultrasound guided sclerotherapy with foam is performed in addition to the Endovenous Laser Ablation procedure to improve results.

### **Advantages of Sclerotherapy:**

- Faster relief of symptoms
- No downtime with minimal risk of side effects
- Minimally invasive with no scarring or incisions
- Long-lasting results

Foam sclerotherapy, performed under the guidance of ultrasound, is often used to treat varicose veins near the skin's surface. A non-surgical, minimally-invasive technique, ultrasound guided sclerotherapy with foam is designed to close varicose veins causing the problem vein to shrink or possibly disappear.

Ultrasound guided sclerotherapy (UGS) with foam is a safer and more comfortable alternative to surgical removal of varicose veins. UGS both improves appearance of the veins and reduces the health risks associated with swelling and blood pooling. Treatment is faster and much less invasive than surgery and involves little to no downtime or discomfort.

### **What to expect during your treatment:**

The ultrasound-guided sclerotherapy is done in the procedure room under conditions similar to those you experienced during the intravenous laser procedure(s). Your skin is cleansed with alcohol and the veins to be treated are identified with ultrasound. Accurate and precise placement of sclerosing solution into the varicose vein is confirmed prior to the actual injection process.

During the procedure, medication is injected into the vein using ultrasound technology to locate the desired vein and injection site. This injection of sclerosing medication into the vein results in both irritation of the inside lining of the vein as well as collapse of the vein. During healing, the vein remains collapsed and blood cannot travel through it; ultimately, it shrinks to imperceptible size and the color disappears. Patients notice a relief in physical symptoms after treatment and the vein is no longer noticeable under the skin.

At the conclusion of the treatment, your thigh high compression stocking will be applied before you leave the treatment room and will remain in place overnight on the day of the procedure.

## **POST ULTRASOUND GUIDED INJECTION INSTRUCTIONS:**

1. Directly after your procedure, please walk around the lobby or outside the office for 10 minutes before you get in your car to drive home.
2. You are encouraged to continue with daily activity as tolerated, including walking for at least 10-15 minutes, at least three (3) to four (4) times daily.
3. Take your first dose of Mobic (meloxicam, taken once daily for five (5) days) or Turmeric (500mg, taken twice daily for five (5) days) with food when you get home today, and continue for a total of **FIVE (5)** days after each treatment.
4. You will sleep in your compression stocking the first night (day of treatment).
5. The following morning, you may remove your stocking and bandages to shower. Avoid scrubbing the area in which was treated. After gently and completely drying your leg, replace your thigh high stocking back on the treated leg before you start your day.
6. For the next FOUR (4) days, you will continue to wear your compression stocking from the time you wake up in the morning until you are resting at night. You may remove them prior to going to bed, they do not need to be worn while sleeping.
7. **NO** long distance travel for **one (1) week**. (**ANY** airplane flight, car trip more than 90min, as driver or passenger)

### **Normal symptoms that may occur post procedure include:**

*\*Tenderness and firmness* – This may occur around the sites of injection. This can last up to several weeks.

*\*Warmth and/or redness, stinging or burning* - If this occurs place an ice pack to the area, over your stocking. (Do not apply directly to your skin) and elevate your leg for 15-20 minutes

*\*Cramping* – This can last several minutes. If this occurs, try walking around for at least 5 minutes.

*\*Bruising* – This may occur around the sites of injections. This can last up to several weeks.

\*\*The use of Arnica gel can help reduce inflammation and resolve the appearance of bruising if gently massaged to the affected area daily (available for purchase in office for \$10).

### **Possible serious side effects:**

*\*Rare ( <1% incidence ), include deep venous thrombosis (DVT) in the limb treated)*

*\*Infection*

*\* Temporary nerve irritation that can lead to localized area of hypersensitivity or numbness.*

*\*severe or worsening swelling, fever>99.5°F ,blistering or skin hypersensitivity – If these symptoms are present, please contact your doctor **immediately** to expedite clinical evaluation and/or ultrasound testing!*

If discomfort continues to increase, or you are concerned about your healing progress please call the office at 847-577-5814. A physician can always be reached even if the office is closed.

## **Cancellation Policy**

We must be notified of cancellation of the procedure within 24 hours of scheduled procedure to prevent a \$100.00 cancellation/no show fee.