

After ultrasound-guided foam sclerotherapy

What happens during the procedure

During sclerotherapy for the treatment of varicose veins, special foam is injected into enlarged, swollen, twisted veins. The foam scars the veins, which seals them closed, and blood is forced to reroute through healthier veins, consequently repairing the venous insufficiency.

The procedure involves injecting a cannula into the desired vein. An ultrasound device is used to monitor the spreading of the foam. The number of injections performed depends on how strong the solution injected is and how extensive the venous insufficiency is. After the injection, a padded bandage will be applied to help compress the vein and then a thigh-length compression stocking.

Recovery

Straight after the procedure, you will be asked to walk for 20 minutes in the hospital. If you feel well, you can then go home or back to work. On the day of the procedure, you should walk for 15 to 20 minutes every hour you are awake.

After the procedure, a two-week long treatment involving compression stockings will be begun. It is an important part of successful sclerotherapy. The bandage and stocking applied during the procedure should be worn day and night for three days and then only in the daytime for the following 11 days. After the first two days, the stocking can be removed for the duration of a shower.

We recommend plenty of gentle exercise after sclerotherapy. You can go to sauna and start more vigorous cardiovascular exercise after the stocking treatment is finished and any tenderness and swelling resulting from the procedure has subsided. Avoid travelling by air for one month after the procedure.

The treated vein will suffer a mild inflammatory response (thrombophlebitis), which is connected to the blocking of the vein and presents itself as redness and tenderness of the treated area. The situation will usually resolve itself without external assistance within one to two months. If needed, we recommend you use paracetamol (for example Panadol) and localised cold therapy to ease the pain and that you only use anti-inflammatory painkillers (for example Burana) when needed. The inflammatory response may cause brown marks (hyperpigmentation) to appear on the skin in the area of treatment. These marks usually disappear within about a year of the procedure. In the case of strong hyperpigmentation, some

of the discolouration may be permanent. The risk of inflammation and hyperpigmentation increases if the vein to be treated is large and close to the surface of the skin.

A follow-up check will be arranged as needed.

Sick leave is usually not needed.

Contacting us

If you have symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please contact your health Centre or the unit that treated you:

Day Surgery Unit on weekdays 7.00–15.00, telephone 06 213 1552

Surgical Outpatient Clinic Monday to Thursday 8.00–11.00, Friday 9.00–11.00, telephone 06 213 1522

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.