



SCLEROTHERAPY – VEIN TREATMENT

WHAT TO EXPECT WHEN YOU BEGIN TREATMENT

Please bring the following items on every visit to the surgery:

1. Wear **appropriate clothing** that will allow treatment from your groin to the foot.
2. Comfortable **walking shows**.
3. **Compression stockings** that have been supplied to you on the first day of treatment.
4. **Avoid applying moisturisers** and other lotions to legs for 24 hours before.

Re-examination: Your legs will be re-examined briefly before each treatment. This is done while you are standing for larger veins and while you are lying down for smaller ones.

Injections: During the procedure you will be lying on the examination table for periods of time on your back, side and stomach. A tiny needle is used to administer a series of injections into the unwanted veins. This takes about 30 to 50 minutes.

Compression: Next, compression pads (cotton balls) and compression stockings are applied to aid in the permanent closure of the injected veins. Instruction on removal of the compression pads and stockings may vary from treatment to treatment.

Walking: 30 minutes of moderately-paced walking is required daily once treatment begins. This usually averages about 3 kilometres. You must do a minimum of 15 minutes of this 30 immediately after treatment. This reduces complications and discomfort, while it improves blood flow to the leg and enhances treatment results. Treatment should be avoided if you cannot walk for any reason. However cycling or low-impact aerobics can be substituted.

Bruising: Bruising in the treated area is expected and will disappear in 2-3 weeks.

Trapped blood: Slightly tender small lumps frequently develop at the sites of more prominent veins. Sometimes these lumps develop at sites where you did not notice any veins before. This is totally harmless (the lumps are not clots) and is only a temporary nuisance which can be relieved by small needle aspirations or release at your next visit.

Activity level: Normal routine daily activities are encouraged and time off work is not generally necessary. However avoid prolonged standing, prolonged sitting (e.g. long car trips or air travel) and vigorous aerobic activities (jogging, weightlifting) for at least one week after each treatment.

Compliance with these instructions gives the best possible results.

Payment: Is expected at the end of each treatment session.