After Sclerotherapy Injections

Instructions for care at home

In sclerotherapy, a chemical is injected into a varicose vein. This chemical makes the vein walls stick together, which stops the abnormal flow of blood through that vein. Over time, the body naturally absorbs the closed vein.

Coban and Compression Stockings

After you receive sclerotherapy injections:

- Your treated leg(s) will be wrapped using a special fabric bandage called Coban. This wrap helps keep the walls of the superficial (surface) veins compressed.
- You will be fitted with compression (support) stockings to wear over the Coban. Keep the compression wraps on for the next 3 days, as told by your health care provider. Do NOT take them off at night, unless your health care provider tells you it is OK.

Recovery

After sclerotherapy, it is normal to have some pain in your legs. It is also normal to have some black and blue areas and some areas that feel hard, especially where the veins were very noticeable.

As you recover from the procedure, follow these instructions carefully:

- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain relief.
- Start walking and doing your other normal activities right away. It is very important to walk as much as possible after your treatment. But, do only as much as you can do without pain or discomfort.
- Keep your legs 6 inches above your heart when you are not walking. You can do this by resting your legs on pillows when you are sitting or lying down.
- For at least 3 to 5 days, do not stand in one position or sit with your legs dependent (hanging down) for long periods.
Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Clinic staff are also available to help.

- UWMC Patients:
  Vascular Interventional Radiology: 206-598-6209, weekdays from 8:30 a.m. to 4 p.m.
  Surgical Specialties Nurse Advice Line: 206-598-4549, weekdays from 8 a.m. to 4 p.m.
  After hours and on weekends and holidays, call 206-598-6190 and ask for the Vascular Surgery Resident on call to be paged.

- Harborview Medical Center Patients:
  Radiology: 206-744-3105

When to Call Your Clinic

Call your clinic at the number listed in the “Questions” box on the left side of this page if:

- Acetaminophen or ibuprofen does not ease your pain.
- The hard areas of your legs that have been injected swell or give you sharp pains.
- You have concerns about the compression.
- Your whole leg becomes swollen.
- Some areas of your leg become red, warm, and sore.
- You have a fever higher than 101°F (38.5°C).
- You have any questions or concerns that cannot wait until your next clinic visit.

- Remove your Coban bandages in 3 days.
- Wear your compression stockings for 3 days and nights (see page 1).
- After removing the compression wraps, it is OK to shower. But, do not take a bath, go swimming, or sit in a hot tub until you are fully healed.
- Wear compression stockings for comfort only after sclerotherapy.