

Maryland CardioVascular Specialists – Vascular Surgery  
PATIENT INSTRUCTIONS

Minimally Invasive Venous Procedures:  
Sclerotherapy, Endovenous Ablation (VNUS or EVLT) or Ambulatory Stab Phlebectomy

*Prior to Sclerotherapy or a Venous Procedure*

- You will need to fill your prescription for your compression stockings. They can take a few weeks to order.
- You should avoid taking anti-inflammatory medication approximately 7-10 days prior to your procedure. Please notify the office if you are on Anti Coagulation therapy.
- Do not shave your legs the night before or day of the procedure.
- Do not apply lotion to your legs the day of the procedure.
- If you choose to take an anxiolytic medication (Diazepam/Valium), you will be given a prescription to have filled and bring with you the day of the procedure.
- You will need to arrange transportation for the day of your venous procedure. You will not be allowed to drive yourself after the procedure.

*What to expect the day of the procedure:*

- Bring your compression stockings with you the day of your procedure.
- Bring shorts or loose fitting pants or sweatpants to wear during and/or after your procedure. Bring an extra pair of underwear in case we soil them.
- Please arrive 15 minutes early to complete any important paperwork.
- Bring anxiolytic medication with you. Do not take until the nurse evaluates you. If taken, make sure you have a ride home.
- During the procedure if you experience any dizziness, numbness, visual disturbances or a generalized ill feeling, please notify us at once during your treatment.

*Post-procedure instructions:*

- It is important that you stay well hydrated. Dehydration is a powerful inducer of clotting. Drink as much fluids of any kind as you can after the procedure. (Avoid alcohol while taking narcotic pain medication).
- The compression stocking(s) should be worn the first 48 – 72 hours without removing. After that you may remove the dressing and take a shower. The stocking should be replaced after showering. You are **not** required to wear the stocking to bed after the first 48 hours. Wear the stocking for at least 2 weeks, 4-6 weeks is best for optimal results.
- A warm shower (**not hot**) is appropriate. Hot tubs, hot baths and saunas should be avoided for two weeks after sclerotherapy and 6-8 weeks after endovenous ablation. After showering pat the affected area dry and apply a very tiny amount of antibiotic ointment over the small wounds of the leg. Continue to wear the support stocking as much as possible. The more the stocking is worn, the better the results. Take the stocking off while sleeping.
- Take Tylenol or Motrin as needed for pain.

- You should go home, elevate your leg as much as possible. It is important to walk around for at least 5 minutes every hour while you are awake the day of your procedure.
- The first night it is recommended to sleep with your leg(s) elevated above your heart.

#### Venous Procedure Patients Only:

- You are scheduled for a follow-up venous duplex evaluation to make sure that there has been no thrombosis (clotting) in the deep veins. Although the risk is very low, we need to make sure that a DVT (deep vein thrombosis or clotting) has not occurred. If found an anticoagulant will be ordered.
- A small amount of spotting could occur. Large amounts of bleeding or enlarging collections of blood should be reported to us immediately.

#### Sclerotherapy Patients Only:

- You will need to come back in a few weeks after Sclerotherapy. Occasionally blood gets trapped in the veins and clots leaving a dark blue or black firm line that you can see and feel. We will remove this clot by evacuating it using a small needle. This will give an overall better result.
- Avoid sun exposure and tanning for 4-6 weeks or until bruising or discoloration resolves. Apply sun block if sun exposure is anticipated with normal activities.
- Watch for any signs of infection, progressively enlarging areas of redness, drainage of pus etc. Call immediately 410-646-4888.
- You can generally return to normal activities except we want you to refrain from heavy lifting or strenuous exercise for at least a week following the procedure.

#### *Summary*

Sclerotherapy, Endovenous Ablation and Ambulatory Phlebectomy can make the situation look worse before it looks better.

It is important to realize that undergoing Sclerotherapy your legs will appear worse for a period time and then they will get better. This process usually takes a minimum of 2-3 treatments. It is not likely you will be satisfied after 1 treatment.

Venous Ablation can lead to complications, such as an incomplete closure or DVT (deep vein thrombosis).

Sclerotherapy can lead to complications. The most frequent are matting and discoloration. Matting is a pinkish hue that develops around the veins treated. A brown discoloration can occur with Sclerotherapy. There have been instances of permanent dark staining over the veins treated. It almost always goes away within weeks to months.

Please give us a call at 410-646-4888 if you have any questions or concerns