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Pre and Post Care Instructions for SVI (Sclerotherapy Vein injection)

How to Prepare:

- No aspirin or blood-thinning products (fish oil, vitamin E, ibuprofen, non-steroidal anti-inflammatory drugs) for 7-9 days before the procedure (check with your physician first if you must be on these medications)
- Bring heavy, thigh-high support hose to wear when you leave the office and seven days after treatment (support hose can be generic or the nursing-type; pharmacy type is not required).
- Do not shave or use depilatories on legs the day of the procedure.
- Do not apply lotion to your legs on the day of the procedure.
- Shower and thoroughly wash your legs with antibacterial soap prior to the procedure.
- Expect possible bruising for approximately one week after the procedure.
- Mild muscle cramping is not uncommon. Tylenol can be taken if necessary.
- Wear loose-fitting shorts or a leotard to wear during treatment.
- Try to avoid drinking alcohol or smoking 2 days prior and 2 days after the procedure.
- If you have any further questions, please ask the doctor prior to the procedure.

What to expect During the Procedure:

Your SVI treatment will take place in-office and shouldn't take longer than 45 minutes in most cases. This is what you can expect:

- The provider will consult your areas of concern and the size/number of veins you would like treated to see how many syringes you may require. Your skin will then be cleaned and prepped with alcohol. The provider will then use a small needle and start to inject the solution into the previously discussed areas. Some people feel minor stinging or cramping when the needle goes into the vein. Tell your provider if it hurts a lot. Pain might result from the solution leaking from the vein into the tissue around it. After removing the needle, your provider applies pressure to the area and massages it to keep blood out of the vein and to spread the solution. The provider might tape a pad onto the injection site to keep pressure on the area before moving on to the next vein. The number of shots depends on the number of veins being treated.

After the treatment, you will be advised to remain still and rest for a short period. If you feel weak or lightheaded, let the provider know and feel free to ask questions at any time.

Post-Care Instructions:

- The provider or staff will instruct you to put on the thigh-high support hose you brought to your appointment immediately after the procedure is done.

- Leave thigh-high compression stockings on 24 hours a day for 1 week after treatment. Wear them during the day as much as possible for the second week following sclerotherapy to help improve blood flow in the legs and to keep the treated vessels flattened.
- Try to elevate your legs whenever sitting/laying down.
- After the first week, stockings can be removed at night or any time that the legs can be elevated. Wearing the compression stockings will help you to achieve the best possible result with fewer side effects. They should continue to be worn as part of your regular routine and may prevent the appearance of new veins especially if you sit or stand for more than 6 hours a day, are pregnant, or have a strong family history of varicose veins.
- Take a 30-60 minute walk shortly after the treatment, and walk 20-30 minutes a day for 2 weeks, but avoid strenuous exercise for 1-2 days. Do not perform aerobic exercise such as jog or ride a bicycle for a week.
- Avoid hot baths or Jacuzzis for a few days following procedure to avoid dilating veins.
- It is normal and expected to have some redness and swelling (with the appearance of “hives”) around the treated veins that may last 1-2 days. This may be associated with some itching and burning and may improve with over-the-counter Benadryl 25mg or a non-sedating antihistamine such as Zyrtec 10mg.
- Bruising around the treated area is also normal and should resolve within 1 week.
- Veins often temporarily become discolored as they heal. This means they may appear purple, darker red, or brown. Sun or tanning bed exposure worsens discolorations and may cause them to last longer or become permanent. Avoid sun exposure completely until the treated areas return to your normal-appearing skin.
- Some people develop a firm lump in a vein that may appear purple through the skin, usually 2 weeks after treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please make an appointment for it to be evaluated.
- Painful areas, expanding redness/ swelling, blistering, or leg swelling should be immediately reported to your doctor.
- It may take up to 6 weeks for treated veins to improve. The appearance immediately after treatment can often look worse than prior to treatment.
- Avoid blood thinners (aspirin, fish oil, vitamin E, ibuprofen, etc.) for 3-4 days following procedure (ask your doctor first if these are prescribed by your doctor)

Results

Results of sclerotherapy for small varicose veins or spider veins usually show in 3 to 6 weeks. Larger veins might take 3 to 4 months. However, you most likely need more than one treatment to get the results you want. Veins that respond to treatment generally don't come back. But new veins can appear. We recommend you wait about four to six weeks before having another sclerotherapy session.

If you have any questions or concerns, please contact the office at (949) 919-3834.