

RECOVERY GUIDE

Post Ultrasound Guided Sclerotherapy

WHAT IS ULTRASOUND GUIDED SCLEROTHERAPY?

Ultrasound Guided Sclerotherapy (USGS) is a procedure performed to close saphenous leg veins that cannot be seen from the surface of the skin. These vessels are located in the thigh or calf and are the underlying cause of varicose veins in many patients. In USGS, Dr. Elliott will use a duplex ultrasound to locate and map the problem vessel and then start an IV in it. Medication is then injected into the vessel. The medication causes inflammation inside the vessel, which makes the inside of the vessel “sticky”. The vessel is then compressed flat, and it seals off over the next 2 weeks.

WALKING

IMMEDIATELY AFTER PROCEDURE:

Walk for **15 minutes**.

FOR 4 HOURS POST-PROCEDURE:

Alternate walking for **15 minutes**, with elevating your leg above chest-level for **45 minutes**. Repeat each hour.

FOR 4 DAYS POST-PROCEDURE:

Walk for **30 minutes** per day.

STOCKINGS

DAYS 1–3:

After the procedure, you will need to wear **2 stockings** on the procedural leg. The second stocking can be removed *FOR SLEEP ONLY* if it is causing discomfort.

DAYS 4–5:

Wear **1 stocking** continuously for 24 hours/day for the next 2 days.

DAYS 6–15:

Wear **1 stocking** during the day only.