

Plymouth Nuffield Hospital

Ultrasound Guided Foam Sclerotherapy

- After leaving the clinic please have a good brisk walk for 10 or 15 minutes prior to getting into your car. For the first week at least we ask that you walk around for a minimum of 5 minutes each and every hour that you are awake and avoid standing still for long periods of time. When not mobilising try to sit down and elevate your leg if possible. Avoid vigorous exercise and excessive kneeling or squatting for the first 10 days.
- The bandages are an important part of the foam injection treatment Your bandages and stocking must remain in place for 14 days to keep the vein closed. After this time you can remove the stocking and bandages. Following removal of the stocking and bandages you don't need to use any compression but you may wish to wear a light support stocking.
- During the first 14 days bathing is nigh on impossible and we recommend a strip wash to avoid getting the stocking/bandages wet. After the stocking/bandages are removed you make take a bath or shower.
- Avoid travelling in confined circumstances for long periods of time. If going on a long journey try to break it into short sections and have a good brisk walk for 5 minutes every hour or so.
- Walk as much as you wish but within any discomfort. Avoid excessive alcohol intake for at least 72 hours after the treatment.
- If you do get some pain or tenderness in your leg take 2 pain killing tablets, such as Paracetamol, and keep active. Some discomfort is expected after the third day or so. Anti-inflammatory gels are sometimes useful for local tenderness once the bandages have been removed. Arnica cream is thought by some to help early resolution of bruising.
- You may drive once you feel able to do so and your insurance company is happy to cover you (insurance companies have differing policies with regard to driving after surgical and other medical procedures and, if in doubt, you are advised to check with them).
- Usually the veins become lumpy and tender under the skin. The overlying skin may become faintly discoloured, brown. These problems should they occur do resolve over several weeks.
- If the whole leg swells, or becomes excessively painful you should contact your GP for advice.
- A very few people have had transient visual disturbances or chest discomfort immediately after the treatment, this is very rare and does not last, others have had a bad headache – your normal headache treatment can be used if this should occur.

- We will ask you to return to the clinic in the next two to three weeks to check the treated veins. In most cases a single treatment is sufficient, in about a third of cases we need to repeat the treatment to deal with the remaining veins.
- After a few weeks there may still remain a hard lump and some bruising where the vein used to run, THIS IS NORMAL and will resolve, it indicates that the treatment has worked well.
- Although patients are allowed to discard their stocking(s) after 2 weeks, you might want to consider purchasing some lighter weight compression hosiery for long-term use (Boots, Marks and Spencer).©

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**Simon Ashley MS FRCS
Consultant Vascular Surgeon**

Ultrasound Guided Microfoam Sclerotherapy - After Treatment

Contact telephone 01752 707090