

VEIN CENTER OF CENTRAL CONNECTICUT  
23 Cedar Street  
New Britain, CT 06052  
860-229-8346 (229-VEIN)

## PATIENT INFORMATION SHEET- SCLEROTHERAPY

### BEFORE YOUR SCLEROTHERAPY APPOINTMENT:

1. Bring your compression stocking to all appointments. Try wearing your stocking. If the color of your toes becomes blue or if you have pain when wearing the stocking, the compression stocking is too tight and must be removed immediately. Call us if this occurs.
2. For the 5 days before your procedure do not take aspirin, Advil, Motrin, ibuprofen, or other non-steroidal anti-inflammatory, plavix, coumadin or other anticoagulant medication, Vitamin E pills, herbals or home remedies. Multivitamins are OK.
3. Do not smoke or drink alcoholic beverages for 2 days before and 2 days after your treatment, since this may impair the healing process.

### PROCEDURE DAY:

1. Shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs.
2. To avoid discomfort, do not shave your legs on the day of your procedure.
3. Bring loose-fitting slacks or shorts to wear after your appointment.
4. Eat a light meal or snack 1½ hours before your appointment.

### AFTER YOUR SCLEROTHERAPY TREATMENT:

1. Immediately after the procedure, your treated leg will be placed in the support stocking. This must stay clean and dry. A small amount of oozing is normal.
2. You may return to work the same day. You may drive a car today.
3. You will be able to continue your normal activities. The first week, walk at least 15 minutes at least three times a day. **Do not stand or sit in one place for more than one hour.** No aerobics, heavy lifting (over 20 pounds) or strenuous physical exercise for 7 days following your treatment.
4. Avoid exposing the treated area to the sun for two weeks.
5. Avoid hot tub baths for 10 days.
6. **Wear the compression stocking continuously for the first day without removing it. Then wear the stocking for the next 4 days, except while sleeping or showering.** If the color of your toes becomes blue, the compression hose is too tight and must be removed.
7. Take any medications prescribed by your physician. Use an anti-inflammatory medication such as Advil or Aleve to control any discomfort.
8. If you have any questions or concerns, contact our office anytime. Our staff is available to assist you. During the day (8 am to 5 pm), Monday through Friday, call 860-229-8346. Any other time, please call New Britain General Hospital, Radiology Department, **860-224-5556 option 1**, and ask for the

Interventional Radiologist on-call.