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Better Options. Healthier Legs.®

## Patient Instructions For Sclerotherapy

**Eat a nutritious breakfast/lunch prior to the procedure.** Maintain adequate hydration prior to and after the appointment.

**You may experience bruising, tenderness, swelling after a treatment.** The veins often respond to the sclerosant medication with an inflammatory response. **Arnica** gel or cream may be used during your treatment process to speed the healing of bruises. **Arnica** does not require a prescription and can be purchased at Whole Foods and some local pharmacies.

**Please** have Motrin/Advil (ibuprofen 200mg-take three tablets every eight hours with food) **OR** Aleve (naproxen 225mg-take two tablets every 12 hours with food) available at home. You will be encouraged to use **ONE** of these medications for up to 2-3 days after a treatment. Please let Dr. Schoonover or his team know if you are already taking a prescription **anti-inflammatory** like **Celebrex** or **Mobic**.

**You should expect some discomfort in your leg during the first 24 hours.** You may find that your leg feels tender, achy or tight. Muscle cramping is also common as well as bruising. You may also develop a red streak or blotching over treated areas. These are normal reactions to the treatment. Other commonly noted symptoms include itching, throbbing, fullness and swelling. These symptoms will be most notable when you get up and may peak 24 hours following a treatment. An ice pack or bag of frozen vegetables wrapped in a paper towel may be helpful when applied to your leg for 10 minutes three times a day.

**"Trapped blood"** may develop, usually in 2-4 weeks following a treatment session. This occurs when the blood gets caught inside the vein as it heals. This area may feel "bumpy" and tender to the touch. This is an expected side effect with sclerotherapy. If it causes too much discomfort, it can be easily treated in the office at your next follow-up visit.

**Please** limit exercise to walking on the day of a sclerotherapy session. Running, weightlifting, and other high impact activities may be resumed the next day.

**Please** avoid flying for 48-72 hours and long car trips (>2-3 hours) following the procedure.

**Please bring your compression stockings to the office.** We will only require you to wear stockings on the leg we treat. You will be asked to wear the compression stocking **during the day** for 3-5 days following the procedure.

**Please** avoid use of iron containing supplements during the first 4-6 weeks of your treatment protocol.

**Please avoid excessive sun exposure and use sunscreen (SPF >30) regularly.**

**Remember:** Dr. Schoonover and his team may be reached after hours at 317.348.3020.

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