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Better Options. Healthier Legs.®

## Overview of Maintenance Phase for Varicose Vein Treatment

### Deep Scan

After Endovenous Ablation, we typically schedule a **deep ultrasound scan**:

- approximately **2-7 days following treatment**

### Ultrasound Guided Sclerotherapy

Two to three subsequent **ultrasound guided sclerotherapy** appointments are made to address refluxing saphenous tributaries following the ablation. Since “trapped blood” is a recognized side effect with the ablation and sclerotherapy procedures, these areas are also addressed at this time.

The pattern of scheduling we utilize is:

- **1-2 weeks** following the ablation
- **3-4 weeks** later
- and approximately **6-8 weeks** later (if needed) due to insurance guideline
- **Bring compression stockings with at each visit**
- Your provider will recommend the use of aspirin and for how long to continue taking at each of these visits

### Maintenance Visits

Since venous insufficiency is a chronic condition, we do recommend periodic **maintenance visits** during the first year following treatment:

- at **3-6 months**
- and at **12 months**

These are meant to address any additional symptomatic, refluxing areas that may develop during the healing process following these procedures.

After the 12-month visit, we typically recommend follow-up:

- **every 1-2 years** for a routine ultrasound scan and follow-up visit with our provider care team

*Thank you for choosing Indiana Vein & Lymphatic for your venous care!*

11590 N. Meridian Street, Suite 270, Carmel, IN 46032

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## Overview of Surface Sclerotherapy Treatment

### Initial Surface Treatments:

On average, most patients need at least **2-4 surface treatment** sessions, depending on severity and treatment goals.

- Visits are scheduled **3 to 4 weeks** apart, however can be longer intervals based on the individual.
- Re-assessing treatment response to determine follow-up appointments or sessions.
- “New” veins may be noticed that were present slightly below the surface by the next visit.
- Some medications or supplements may increase risk of bruising. Please hold aspirin, anti-inflammatories (ibuprofen or naproxen), iron, and fish oil **7 days** prior to appointment.
- Immediately after your surface sclerotherapy session, itching and “bug bite” look can last up to **1 hour**.
- Compression stockings of at least a pressure of 20-30 mmHg are recommended for **3 to 5 days** following each surface sclerotherapy session for at least **6 to 8 hours** a day.
- Avoid long flights and car trips (over 3 hours) for at least **48 hours**.
  - > If unavoidable, walking breaks for at least 10 minutes every hour is strongly recommended.
- Avoid hot tubs, saunas, “hot yoga”, and hot baths for the **3 to 5 day** period.
- Avoid intense exercise for **48 hours**. Walking, light elliptical, yoga, and Pilates are all encouraged forms of exercise post sclerotherapy session.
- Bruising/post treatment discoloration can last multiple weeks depending on the individual.
- Arnica can reduce inflammation and looks of bruising (Topical applied **up to 3 times** daily).
- Ice can be applied to areas of tenderness.
- NSAIDs can be taken, as tolerated, for tenderness after sessions

### Maintenance Phase:

Venous disease, even when limited to spider veins, is chronic and based on multiple factors, including genetics, hormonal status, and occupation. After completion of initial treatments, patients are recommended to **follow-up every 12 to 24 months** for additional sessions. If there has been significant changes in interval health status (including a pregnancy or addition of any hormone-based medications), an ultrasound re-evaluation may be indicated.

**Remember:** The IVL provider team may be reached after hours at 317.348.3020.

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