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Compression Sclerotherapy Instructions
(Varicose Vein Injection)

Sclerotherapy is when a chemical substance is injected into the veins to cause it to be inflamed and this inflamed vein will stick together and be obliterated when it is compressed. To help you to understand this, a simple analogy can be made. If two surfaces are glued together, they must be firmly clamped until such time as the “glue” has set. If the clamp is removed before the “setting” is complete, the surfaces will separate. Hence it is very important to keep the compression on as long as possible. The bandage acts as a clamp and if they are removed, even momentarily, your veins will re-open and the result will be unsatisfactory. The customary time needed for the compression is two weeks around the clock and for six months just during the daytime. The SIGVARIS/JOBST stockings are to be worn any time you are up but can be removed at night.

SIGVARIS/JOBST STOCKINGS: Must be purchased and worn for one week prior to the injection to get use to wearing a compression stocking and worn to the hospital on day of injection. Also bring a pair of old nylons long enough to cover all the veins.

DAY OF PROCEDURE: The procedure will only take 10-15 minutes and you can go home immediately after the injection or go back to work. Be prepared to walk.

FOLLOWING THE DAY OF INJECTION:

1. **BANDAGES MUST NOT BE REMOVED**
2. Shower with a plastic bag around the leg to keep bandage dry.
3. Sigvaris/Jobst stocking may only be removed at bedtime.
4. When you are not walking, elevate the leg if possible and avoid acute flexion of the knee or groin. Do not use a cushion under the knee.
5. Avoid prolonged standing. The leg and foot may swell and be uncomfortable. If this happens, **WALK TO PUMP THE LEG.**

INSTRUCTIONS FOR REMOVAL OF BANDAGES – IN TWO WEEKS:

1. Lie down flat and elevate the leg above the heart level.
2. Have another person remove the stockings.
3. Remove all bandages and sponges.
4. Wash the leg and re-apply the compression stocking.
5. Call the office for a follow-up appointment for six weeks after the injection.