



Varithena and Ultrasound Guided Sclerotherapy Treatment Pre and Post Procedure Instructions

Please arrive 15 minutes prior to your appointment time. If you need to cancel your procedure for any reason, we will require a call 48 hours prior to the scheduled appointment or a fee may be applied.

Before your Procedure

- Drink plenty of fluids the day before and the day of your procedures.
- NO CAFFEINE the day of your procedure.
- On the day of your procedure please wear comfortable clothes and slip-on shoes. You will change into surgical shorts provided or you may bring your own loose cotton shorts just be aware they might get soiled.
- Please inform the provider if taking blood thinners; You do NOT have to skip a dose, please take as normally scheduled.
- The recommended / required compression stocking is 20-30mmHg after procedures.
- DO NOT WEAR COMPRESSION STOCKING THE DAY OF YOUR VEIN PROCEDURES
- **Bring compression with you to the procedure to wear after.**
- Do not apply lotion, creams, or other moisturizer on legs the day of your procedure.

After Procedures

- You will wear compression stockings for a full 48 hours after the procedure is completed. After the 48 hours, you will wear the compression stockings during the day and take them off at night.
- No swimming for 48 hours after your last procedure.
- No hot tub, baths, or sauna for 1 Week after procedure.
- Resume normal daily activities after your procedures, as it is important to stay active once you leave the office.
- Do NOT squat more than your body weight for 2 weeks.
- **DO NOT LAYDOWN or STAND ALL DAY.**
- Walking is the prescribed post-procedure treatment for you, as it can help speed up the recovery process and reduces risk of developing blood clots. Please walk about 5-10 minutes an hour every hour until bedtime.
- **Do not plan any long bus/ car rides or plane trips for at least one week after your procedure. Also, avoid sun exposure as it may cause some skin staining.**
- **It is NORMAL to develop slightly tender lumps or hard bumps along the treatment site. Bruising, tenderness, and a pulling / tethering sensation is common and will go away over time. You can take Ibuprofen or Tylenol to help alleviate any discomfort.**