

Patient information

Foam Sclerotherapy

Before the procedure

Please do not use skin moisturiser on the day of your procedure.

You will be measured for support stockings to wear after the procedure.

While the procedure is generally not particularly painful, there is some post-operative discomfort. We recommend you have a supply of paracetamol and ibuprofen to take when you get home.

What is foam sclerotherapy?

This works by injecting a chemical foam into the veins which causes them to collapse and close off.

During the procedure

Ultrasound is used to see the affected vein and the foam is injected into the vein under direct vision. This ensures the foam sclerosant is injected directly into the vein and shows that the treatment is complete.

Repeated injections may be necessary and, as this is a relatively new procedure, long term results are not yet available.

What are the potential complications?

Bruising, swelling, phlebitis (inflammation of the vein) deep vein thrombosis and occasional reddish/brown staining to the skin are all possible complications of this procedure. There is also the small risk of an allergic reaction.

After the procedure

You will be taken to the ward area for a short while after the operation. Once you are walking safely you can go home. You should not drive yourself home and you should sit in the back seat with your legs up.

You can return to normal activities, including work, as soon as you like, but you should avoid contact sports, heavy exercise, and swimming for up to 2 weeks.

Try to walk for about half an hour twice a day.

Elevate your legs when sitting and try to avoid long periods of standing still.

When the bandage is removed you may see some bruising or notice some hardness under the skin. This is quite normal and will gradually settle.

Driving: You can drive once the dressings have been removed, the soreness has subsided and you are able to safely perform an emergency stop.

Airline travel: Although the risk of blood clots is minimal with keyhole techniques, we do not advise patients to undertake air travel within 4 weeks of the procedure.

Dressings: Follow the instructions below for the removal of dressings and how to wear your stockings.

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Outpatients appointment
This will be sent to you.

Contact your GP if:

- you have severe pain or
- severe bruising

If you require any further advice please contact the **Martin Corke Day Surgery Unit** on **01284 713050** between 7.45am and 8.00pm, Monday to Friday.

Or the vascular secretary on **01284 713521** 9.00am and 4.00pm Monday to Friday.

Outside of these hours contact the surgical ward **F5** on **01284 713262** and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>



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