

# Foam Sclerotherapy

## Information for patients

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You have had a treatment called Ultrasound Guided Foam Sclerotherapy. This involved injecting a special chemical in the veins in your leg. It is important that you follow the following instructions to ensure the best outcome for your treatment.

### What happens during injection treatment?

Each injection site is covered with a pad and a support stocking or bandage will be applied to the leg. Bandaging the leg or wearing tight stockings compresses the vein following the foam injection and helps the vein walls stick together.

### What should I do after injection treatment?

- You should walk briskly for at least 20 minutes immediately after your injections.
- You can return to work immediately after the treatment.
- The stocking or bandage must be worn for **2 weeks**.

**Week 1 - stocking or bandaging must be worn continuously**, you will be advised how to bathe while wearing them.

**Week 2 - stocking or bandaging must be worn during the day, but can be removed at night**. Use a neutral moisturising cream when it is not painful to do so and massage this into your leg especially around the treatment area – 5 minutes in the morning and 5 minutes in the evening.

- Avoid having any hot baths or showers during the first 2 weeks following treatment. It is better to have a warm or cool shower.
- If you wash your compression stocking, it must be washed on a low (30 degrees) temperature.
- Remain as active as you can but avoid strenuous activities such as heavy lifting or intense cardio workouts.
- Stay hydrated.
- Avoid standing still for long periods. If you need to stay standing for more than about 30 minutes, go for a short walk to keep the legs moving.

### What problems might there be after treatment?

- **Any mild bruising, redness, swelling or tenderness** should start to subside by week 2. If troublesome, anti-inflammatory drugs such as ibuprofen or simple pain killers such as paracetamol will help. Most patients do not require any painkillers.
- **Skin discolouration**- Occasionally (less than 1 in 20 (5%) of patients) foam injections can produce brown staining of the skin in the areas where the veins were. It is not possible to

predict which patients will be affected by the staining. Although the brown staining may gradually fade it can be permanent.

- **Hard lumps** may appear where the veins were. It can take up to 6 months for these to disappear.
- **Blood clots (DVT)** is a possible consequence of injecting the varicose veins, but it is rare. Symptoms include significant lower limb swelling, pain, shortness of breath.
- It is also possible that a **tiny ulcer** may develop at the site of the injection. Although this will heal, it may leave a small scar.
- Other rare complications of foam sclerotherapy that have been described include migraine or visual disturbance.

**If you have any of the following, speak to your GP immediately, contact NHS 24 (dial 111), or attend A&E:**

- Fever, raised temperature
- Shortness of breath (breathlessness)
- Hot/very painful/ inflamed (red) or significantly swollen leg.

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Section to be completed by clinical team on day of procedure

**Date of Treatment:**

**Vascular Consultant performing treatment:**

**Contact Number for consultant's secretary:**