



Patient & Family Guide
2019

Sclerotherapy Discharge Instructions

Dr. MacKean



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Sclerotherapy Discharge Instructions

Your varicose veins have been injected with

during a treatment called sclerotherapy. This medication causes a blockage in your varicose veins. This forces the blood to go around the blockage and travel through nearby healthier veins, increasing blood flow in your legs.

It is important that you follow these directions to prevent blood clots from forming in your healthy veins:

- You should be able to go back to your usual activities on the same day.
- Wear your bandages for _____ days.
Dr. MacKean will tell you when you can stop wearing them.
- Wear compression stockings or bandages if Dr. MacKean prescribed them for you. You can buy these at a drugstore. These are used to press down on your treated veins.
- Do not sit for long periods. Walking and moving around are important to prevent blood clots.

- Keep your affected leg raised above the level of your heart when sitting.
- Do not cross your legs when sitting.
- Do not stand still for long periods.
- Take daily walks.

Your followup appointment with
Dr. MacKean is on:

Date: _____

Time: _____

Mild side effects

- You may have slight stinging or burning around the injection site.
- Raised red areas at your injection site should go away within a few days.
- You may have itching for 1 or 2 days.
- Bruising can last several days or a week.

Call Dr. MacKean's office at 902-473-8506 if you have any of these symptoms:

- › persistent (long-lasting) throbbing
- › severe (very bad) pain
- › sudden swollen legs

If Dr. MacKean is not available, go to the nearest Emergency Department.

Looking for more health information?

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Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.