

What to do after the procedure?

- * Keep the pressure bandage if one is applied for 24 hours. Take them off after 24 hours and have a shower. Please wear the class 2 compression stocking for at least 1 week.
- * If the toes change colour or if the foot becomes swollen please **TAKE OFF** the pressure dressing immediately and call Mr Sridhar on 07729398630
- * The stockings must be worn for one week day and night. You can take them off for a shower
- * After a week it is entirely your choice if you want to wear the stockings. Most patients feel comfortable wearing them or six weeks
- * Please take paracetamol a maximum of 8 tablets a day for the first week. After a week if you don't have any pain you don't need the painkillers
- * Please do gentle exercises from the day you had the procedure. Avoid strenuous leg exercises like running for two weeks
- * Please avoid swimming for 10 days
- * You will notice the vein has become hard and sometimes lumpy. This is normal. The swelling and the hardness will resolve in due course.
- * The results of the treatment will not be seen immediately. It takes on an average 6 weeks to see improvement.
- * You will be seen by Mr Sridhar around 6 weeks after the procedure to have a scan and ensure the treatment has worked. Please make arrangements with reception staff for a mutually convenient time.



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Sclerotherapy



INTEGURA

What is microsclerotherapy

Injecting a chemical irritant into the vein to damage the lining of the vein wall is sclerotherapy.

What is Foam sclerotherapy?

Injecting a chemical irritant into the vein with air/gas is foam sclerotherapy. It does not involve anaesthesia. The number of injections required depends on the severity of the varicose veins. Most people have very good results. Some have staining for some time before it gets better.

Can I go home straight after the procedure?

All current modalities of treatment of varicose veins are day case/walk-in-walkout procedures. Once treatment is completed you will wear either a compression bandage or compression stocking to the treated leg. You will need to be monitored for about half an hour prior to going home. The staff will make you feel comfortable and ensure you are feeling ok.

The compression bandage stays for 24 hours and you can remove them at home a day after.

How long will the procedure take?

The time required to inject depends on the number of veins that need injecting. We can only inject around 8ml in total for a leg to prevent the chemical from reaching the deep veins. This means you may need more than one sitting to complete the treatment. The two sittings ideally are to be 6 weeks apart.

How long before I can resume normal activities?

You should resume normal activities as soon as possible. Most people manage to do so within 1-2 days. There are certain things to avoid, like vigorous activity and hot baths within the first week. We will go through all this with you as it is person-specific.

Gentle exercises are encouraged. No running/ swimming for a week. Some people notice lumps and veins that were soft go hard after the procedure. This is normal and will resolve in due course. Patients who are lax with the stockings generally tend to get these reactions.

There may be some itching and discomfort for the first few days which is easily controlled by a short course of paracetamol over the counter. You should avoid flying or long journeys for the first 4 weeks due to a slightly increased risk of deep vein thrombosis (DVT)

How long should we wear the stockings?

The minimum time required is one week from the procedure. Most patients feel wearing it for six weeks is more comfortable and gives better results

Will I see an improvement immediately?

The time it takes to see the results depends on how quickly your body disintegrates the damaged veins. Some patients have seen the results they want within two weeks and for some it takes months. The average time is six weeks. Most patients see initial bruising and inflammation of the treated leg before they see any improvement.

Will I need a combination of treatment modalities?

Most patients need a combination of modalities. The modality of the treatment is chosen as per the vein presentation, position and size.

Will I be seen after the treatment?

Mr Sridhar will see his patients after six weeks to assess the results with ultrasound and for clinical assessment.

What preparation do I need before the procedure?

- * do not come on an empty stomach
- * wear loose-fitting trousers as you will have a compression bandage after the procedure
- * no creams or lotions on the skin
- * it is not advised to drive back home so ask her friend to pick you up or take a cab home
- * take paracetamol a maximum of 4g a day for a week so better to stock it up at home.
- * If you have the compression stockings please bring them along
- * Avoid smoking during the treatment period to help in the healing process and good outcome
- * A model consent form is available in the website www.integura.co.uk. Please read the consent form that you will be required to sign before the procedure. If you have any questions, please feel free to ask before signing the form.

