

Echo-guided sclerocompression therapy

Practical information and advice before the procedure. Read through this instruction leaflet carefully before the procedure.

Before the procedure

- Do not use body lotion or other products on your legs.
- Wear comfortable, loose-fitting trousers or bring a pair with you
- Wear comfortable, roomy shoes.
- Most treatments require that the doctor can access your thigh easily, so wear underwear without legs or with wide legs.
- If you were previously given stockings in our clinic, bring them with you.

During the procedure

Cotton wool balls will be stuck onto the treated veins and a compression stocking will be put on.

After the procedure

- You need to wear the compression stocking(s) for two weeks in total.
- You need to wear the compression stocking day and night for the first seven days.
- After three days, you may take a brief shower (make sure the water is not too hot). You may
- remove the cotton wool balls and plasters. Put the stocking back on immediately after
- showering. Keep showers to a minimum and keep them as short as possible for the coming
- week.
- After seven days, you may take off the stocking at night time.
- Do not cut up the stocking. If you suffer from a lot of pain or discomfort, contact our clinic.
- If your feet hurt during the night, raise your legs a little.
- You may resume your daily activities straight away, you might experience some inconveniences though.

- In the first week following the procedure, you may not play intensive sports.
- You may fly after one week.
- Be careful in the sun. Always use a sun protection cream with at least factor 30+.
- For the first six weeks, you may not take a bath, sauna or steam bath.
- After the procedure, the veins can feel hard, or lumps/bumps may emerge. If these hard spots are still painful or very visible after three to four weeks, call us to make a check-up appointment.
When you come for your appointment, we will relieve the bumps by making a pinprick.
- Sometimes a dark discoloration (pigmentation) appears in the treated path. This discoloration usually disappears over time (months - 2 years). In a few cases, this discoloration can be permanent. People with dark skin have a greater chance of discoloration.
- Small wounds, scabs or blisters can occur on the skin through the patches, stockings or liquid.
- In a few cases, new, fine veins ("matting") develop around the treated varicose vein. This matting often decreases over the course of a year, but can also be permanent. These veins can be re-injected if possible.
- A migraine attack can be triggered after the treatment.
- Rare is an allergic reaction to the liquid.
- Very rare is a thrombosis or pulmonary embolism after the treatment.

Urgencies: when should you contact us immediately?

Contact us immediately if you have a fever (above 38.5 °C), pus seeping from the incisions and/or a swollen, red, shiny, hot leg/lower leg. You can reach us 24 hours a day, 7 days a week for urgent cases by calling 088 628 74 00.

Non-urgent: asking a doctor for advice

For other, non-urgent questions, you can contact us from Monday to Friday between 8:00 am and 5:00 pm by calling 088 628 74 00.