



Pre-op Patient Information: Varithena Chemical Ablation

If you are planning an appointment at the Vein Healthcare Center for a chemical ablation with Varithena, it is important to be informed. Being fully prepared for your appointment and following recommendations for care before your appointment will help ensure successful, comfortable treatment.

Exceptional patient care is our first priority: If you have any questions about treatment or about your upcoming appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

Understanding your chemical ablation visit: Chemical ablations are outpatient procedures for treatment of the great saphenous vein and other related veins in the superficial system. A small IV catheter provides access to the targeted vein allowing the injection of Varithena, a well-studied, FDA-approved, foam sclerosing agent. Its active ingredient is called polidocanol. The vein walls seal shut on themselves, allowing the vein to be reabsorbed by the body and disappear. Blood is then diverted to other healthy veins in the leg.

An appointment for chemical ablation can take between 30 minutes to 1 hour, depending on the size of the vein. Treatment may include a single session or multiple sessions 5 to 7 days apart. The resolution of all targeted veins involved in the procedure may take months and is dependent on your immune system.

Preparing for your Chemical Ablation:

Please read all instructions in preparation for your appointment:

- Please purchase your stockings and immediately wear them for at least 1-2 days to make sure they are the proper fit. Your insurance carrier may dictate that you try these stockings for at least 6 weeks prior to the procedure. Please bring the stockings with you the day of the procedure. They will be used immediately after treatment, and during the next 2 weeks.
- Take all regular medications the day of the procedure.
- Eat a normal breakfast or lunch; fasting is not required.
- Consider wearing loose fitting or baggy pants to the appointment, to accommodate the bandage applied post procedure.
- Inform the Vein Healthcare Center of any allergies to antibiotics or steroids.
- If you would like, you may listen to music on a personal device during the procedure.
- You will be scheduled for a post-op appointment within 1 week of your procedure; this is a very important appointment.

**The Procedure:**

Once you arrive for your appointment at the Vein Healthcare Center, you will change into exam shorts and photos of your legs will be taken. Photos are used only for your personal medical chart. Your leg will be rechecked using ultrasound. Your vital signs will be checked, and you'll be asked to relax on the table. There are pillows and blankets available for your comfort, and if you brought a listening device, you can begin listening to music.

Your skin will be cleansed with an alcohol wipe. Access into the vein will be made after your skin is anesthetized; you may feel a small pinch or slight burn. The table will be tilted so your head is lower than your legs.

Under ultrasound guidance, Varithena is then injected through a small catheter directly into the vein. The number of injections during each procedure varies depending on the size and location of the vein, but the maximum dose of Varithena per session is 15cc. The treated leg will then be wrapped with a bandage which can be worn for up to 48 hours, but should be removed sooner if uncomfortable. Try your best to keep this wrap dry and in place for the full two days. You will be asked to put on your compression stocking over this bandage immediately following the procedure.

Please follow [Post-op Patient Information: Chemical Ablation](#) guidelines following your appointment.

If you have any questions or concerns about your appointment, call our office at 207-221-7799 or email us at info@veinhealthcare.com.

Your care and comfort are our top priority!



Post-op Patient Information: Chemical Ablation

If you have undergone chemical ablation at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment promotes the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

After Your Chemical Ablation Procedure:

- Immediately following the procedure, you will be wrapped in a compression dressing to be worn under graduated compression stockings for 48 hours.
- Compression stockings should be worn anytime you are on your feet for 14 days.
- Walk for at least 30 minutes daily for the first 2 weeks after the procedure. This can be done in multiple short increments, or you may walk 30 minutes at one time.
- Post procedure discomfort is highly variable from patient to patient, and while some patients may experience some pain, some may feel no discomfort at all. In most cases, tenderness over the treated area is completely normal. With any discomfort, elevate your legs, apply heat, and take a nonsteroidal anti-inflammatory medication of your choice. If the pain is persistent or becomes intolerable, please call our office at 207-221-7799.
- Avoid heavy lifting, strenuous physical activity while standing, and the use of hot tubs during the first 5-7 days following your chemical ablation procedure.
- Approximately two weeks following the procedure, you may feel hard bumps in the area of the treated vein. These should resolve over time and are expected to disappear over the course of several months. If these bumps become tender, use heat and elevation to control discomfort.

Your Return Visit:

It is important that you make a return visit to the Vein Healthcare Center within a week, following your procedure. In many cases, patients may also be asked to return for additional sessions of treatments to complete therapy. These sessions occur at least 5 to 7 days apart.

Exceptional patient care is our first priority. Your care and comfort are our number one priority. If you have any questions or concerns following your procedure, please call our office at 207-221-7799 or email us at info@veinhealthcare.com.