

NORTHWEST  
**Vascular and Vein**  
*Specialists*

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**ULTRASOUND-GUIDED INJECTION SCLEROTHERAPY**  
**FOR BELOW SURFACE VARICOSE VEINS**

Ultrasound guided sclerotherapy with foam is one treatment for varicose veins. Often ultrasound guided sclerotherapy with foam is performed in addition to the Endovenous Laser Ablation procedure to improve results.

**Advantages of Sclerotherapy:**

- Quick relief from symptoms
- No downtime with minimal risk of side effects
- Minimally invasive with no scarring
- Long-lasting results

Foam sclerotherapy, performed under the guidance of ultrasound, is often used to treat varicose veins near the skin's surface. A non-surgical, minimally-invasive technique, ultrasound guided sclerotherapy with foam is designed to close varicose veins causing the problem vein to shrink or possibly disappear.

Ultrasound guided sclerotherapy with foam is a safer and more comfortable alternative to surgical stripping to treat varicose veins. This both improves appearance of the veins and reduces the health risks associated with blood pooling. Treatment is faster and much less invasive than surgery and offers little to no downtime or discomfort.

**What to expect during your treatment:**

The ultrasound-guided sclerotherapy is done in the procedure room under conditions similar to those you experienced during the intravenous laser procedure(s). Your skin is cleansed with alcohol and the veins to be treated are identified with ultrasound and the correct placement of solution into the vein is confirmed prior to the actual injection process.

During the procedure, medication is injected into the vein using ultrasound technology to locate the desired vein and injection site. By injecting this medication into the vein, it will shrink down in size. Often patients will notice a relief in physical symptoms after treatment and the vein will no longer be noticeable under the skin.

The injections are done with small needles, and most patients report minimal discomfort with the treatment. If you are concerned about anxiety or your ability to comfortably tolerate the treatment, we are happy to provide you with a prescription for a low dose of Valium. If you require this medication for the procedure, you **MUST** have prearranged transportation and someone

to accompany you to and from the office, as driving is strictly prohibited for eight (8) hours after the treatment.

At the conclusion of the treatment, your thigh high compression stocking will be applied before you leave the treatment room.

**Recovering from you procedure:**

1. You should wear your stocking overnight on the day of treatment, plan to shower the following morning, and then plan to wear the stocking from morning until bedtime (but not while sleeping) for 2 more days. During this time, you are strongly encouraged to maintain normal activities, and to walk for 15-20 minutes at least 3-4 times daily.
2. You should avoid any high impact exercise (running, jumping, jogging, stair stepper machines) but are encouraged to walk, use a treadmill, an elliptical trainer, Pilates, weights, and yoga. You should also avoid hot baths, long hot showers, hot tubs and saunas for two weeks after a treatment.
3. Unless allergic, you should take 600mg of ibuprofen (Motrin, Advil which are 200mg pills) every six hours for three (3) days, regardless of the presence or absence of discomfort, as this will help to minimize inflammation.

The close adherence to these recommendations will all work to minimize your overall discomfort, shorten your recovery time, and maximize the beneficial effect of the treatment while minimizing the possibility of brown pigment changes at the skin surface near treated veins. This hyperpigmentation will resolve but can take up to 6-12 months to do so.

There will be expected bruising and tenderness in treated areas, which generally resolves within 1-2 weeks of treatment.

It is generally expected that you will require at least two (2) and occasionally up to six (6) sessions of ultrasound-guided injection sclerotherapy to adequately treat all abnormal mid-sized veins.

Please feel free to contact the office with any questions or concerns at **847-577-5814**.