

Post- Ultrasound Guided Sclerotherapy Instructions

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Ultrasound Guided Sclerotherapy (USGS) is a procedure performed to close varicose veins that are too deep to be seen from the surface of the skin. These vessels are located in the thigh or calf and are the underlying cause of varicose veins in many patients.

USGS is an alternative to standard varicose vein surgery (stripping) that can also be done to address these vessels. In USGS, Dr. Elliott will use a duplex ultrasound to locate and map the problem vessel and then start an IV in it. Medication is then injected into the vessel. The medication causes inflammation inside the vessel, which makes the inside of the vessel “sticky”. The vessel is then compressed flat and it seals off over the next 2 weeks.

After the procedure, you will have to wear your compression stocking continuously for the first 5 days 24 hours a day, even when you are showering sleeping etc. Then for the next nine days wear the stockings when you are on your feet. This is extremely important for the best results as it helps the vessel to close.

Immediately after your procedure, you need to walk for 15 minutes. For the next 4 hours, you will walk for 15 minutes then elevate your leg above the level of your chest for 45 minutes for each of those 4 hours. You will then walk 1.6 Km (approx ½ hour) and do so each day for the next 4 days.