



Pre-op Patient Information: Varithena

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

Understanding Your Varithena Visit

Varithena is an outpatient procedure for treatment the great saphenous vein and other related veins in the system. A small needle 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 reabsorb and disappear. Blood is then diverted to other healthy veins in the leg.

An appointment for Varithena can take between 30 minutes to 1 hour, depending on the size of the vein. Treatment may include a single session while most experience the need for additional sessions. These sessions occur at least 5 to 7 days apart. The resolution of all targeted veins involved in the procedure may take several months and is dependent on your immune system.

Preparing for Varithena

Please read all instructions to prepare for your appointment:

- Please purchase your stockings and immediately wear them for at least 3-4 days to make sure they are the proper fit. Your insurance carrier may dictate that you try these stockings for some time prior to the procedure. Please bring the stockings with you the day of the procedure. They will be used immediately following treatment, and during the following 1-2 weeks.
- Take any regular medications the day of the procedure. There are no pre-operative medications required for Varithena.
- Fasting is not required; eat a normal breakfast or lunch.
- Bring an iPod or headset if you'd like to listen to music during the procedure.
- Inform the Vein Healthcare Center of any allergies to antibiotics or steroids.

The Varithena 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. You will 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.

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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 to a slight burn. The table will be tilted so your head is lower than your legs.

A Varithena solution is then injected through tubing and a very fine needle directly into the vein. The number of injections during each procedure varies depending on the size and location of the vein, but 15cc's of Varithena are allowed per time of treatment. The treated leg will then be wrapped with a bandage which should be worn for 48 hours but remove it if there is any discomfort. 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: Varithena](#) guidelines following your appointment.

Do you have questions?

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

Your care and comfort are our priority!