



Pre-op Patient Information: Chemical Ablation

If you are planning an appointment at the Vein Healthcare Center for chemical ablation with 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 Chemical Ablation Visit

Chemical ablation is an outpatient procedure for treatment of the great saphenous vein and other related veins in the system. A 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 chemical ablation 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 Chemical Ablation

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 chemical ablation.
- 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 Chemical Ablation 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.

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.

Varithena 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: Chemical Ablation](#) 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!



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 will help promote 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 for 14 days. Stockings should be worn anytime you are on your feet.
- Please walk at least 30 minutes daily for the first 2 weeks after the procedure.
- Pain or discomfort following treatment is highly variable from patient to patient, and while some patients may experience some pain, some may feel no discomfort at all following the procedure. In most cases, tenderness over the treated area is completely normal. With any discomfort, elevate your legs, use heat, and take a nonsteroidal anti-inflammatory medication of your choice. If the pain persists or does not improve, please call our office at 207-221-7799.
- You may return to most activities immediately following your procedure. However, you should avoid heavy lifting, strenuous physical activity while standing, and the use of hot tubs during the first five 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 you experience any pain during this time, or if these bumps become tender, again use heat and elevation to control discomfort.

Your Return Visit

Patients are asked to return for rechecks and possible additional treatments to complete therapy. Chemical ablations typically require additional sessions of treatment. These sessions occur at least 5 to 7 days apart. If you have any questions or concerns about your chemical ablation appointment, call our office at 207-221-7799 or email us at info@veinhealthcare.com.

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