

After Your Endovenous Ablation Procedure

Endovenous Thermal Ablation/Chemical Ablation: Addresses the root cause of varicose veins by sealing off the vein where the problem started. Uses laser or radio-frequency to heat the vein. Chemical Ablation (Varithena) uses a foam solution to seal off the vein.

Common Symptoms Post-Treatment:

After treatment it is normal to feel a "tightening" or "pulling" sensation in your leg after a couple of days. This may last for a few days or weeks. This is due to scar tissue forming in the treated vein. Stretching, taking Motrin, and wearing your compression stocking will all help minimize this sensation.

Your leg may be tender to touch along the course of the treated vein(s) after your procedure. This discomfort can be managed with over the counter analgesics such as ibuprofen (e.g., Motrin or Aleve) or acetaminophen (e.g. Tylenol). An ice pack or bag of frozen vegetables wrapped in a towel may be helpful when applied to your leg for 10 minutes three times a day.

It is common to feel a lump or cord under the skin along the course of the treated vein. This occurs in areas where the vein is closest to the skin surface. The vein turns to scar tissue, which is firm and can be felt in some places. These lumps usually disappear completely over time as the vein is reabsorbed by the body.

Next Steps:

You will have a follow-up ultrasound to evaluate the leg or legs that were treated a few days after your procedure. This is to confirm closure of the treated vein(s) and to rule out a blood clot in a deep vein. It is important that you keep this appointment.

It is common immediately after your ultrasound appointment to see Dr. Jones that same day to start your sclerotherapy injections. If sclerotherapy is not recommended you will have a follow-up appointment with Dr. Jones in the coming weeks to assess your healing. At that time she will see how your recovery is going. Together, you will make plans for any further treatments that may be needed to address any remaining abnormal veins.

Concerns:

Recovery from endovenous ablation procedures is usually trouble-free. Occasionally, however, problems can develop. **If you experience severe pain, swelling in your leg, bleeding, or fever, please call our office promptly at (734) 213-3700. If you experience chest pain or shortness of breath, go to the Emergency Room immediately.**