

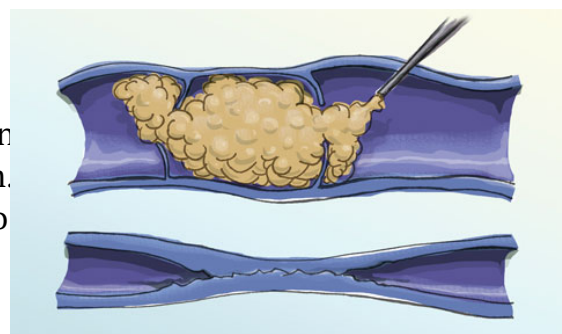


Varithena® Chemical Ablation

Varithena® (polidocanol injectable foam) is a prescription medication used to treat the great saphenous vein system (GSV) and associated varicose veins of the GSV system. Varithena® improves the symptoms of superficial venous incompetence and the appearance of visible varicosities. It is a non-thermal, non-tumescent, nearly painless method of vein treatment.

What is Varithena®?

Varithena® is a “microfoam” formulation of polidocanol (sclerosing agent) and CO₂. The result is a microfoam that has an appearance and consistency similar to white, foamy shave cream. Ultrasound guidance is used to inject Varithena® microfoam into the vein. The microfoam fills the lumen for circumferential contact where it’s designed to displace blood and destroy the endothelial lining efficiently.



Varithena® may be recommended based on your vein location, size, anatomy and vein tortuosity.

Varithena® is:

- Effective to treat veins of different sizes above and below the knee
- Requires no incisions, sedation or general anesthesia
- Does not require a wire to be inserted along the length of your vein
- Does not use heat, eliminating the risk of thermal injury

How many treatments will I need?

The number and frequency of treatments depends on a patient’s anatomy, how quickly the veins respond, and the patient’s treatment goals. There is a limit on the amount of medication we can give you each day to avoid causing side effects. Some larger or resistant veins may require two treatments to respond completely but most veins respond to Varithena® after one treatment.

What should I expect on my treatment days? You will sign your consent form then change into shorts provided by the office. We will clean your skin with alcohol, then use ultrasound to localize the veins. The foam medication will then be injected into your veins with a fine needle. The foam fills and

treats the desired section of the vein. The diseased vein collapses and the foam is deactivated. Your legs will be elevated on a comfortable wedge pillow for approximately 15 minutes. After your treatment, we will help you into your compression stockings, then you will walk for 30 minutes prior to getting in your car.

What should I do after treatment?

- You will wear thigh-high compression stockings continuously for 3 days after each treatment, then another 7 days during the day. You may shower with the stockings on or take a quick cool shower with them off.
- You should walk 30 minutes twice daily after treatment and move your legs frequently throughout the day with short walks and/or calf exercises. This will avoid pooling of blood in the legs.
- It is normal to have aching in the treated veins. This responds well to walking, ice packs, and anti-inflammatory medications such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®).

What should I avoid after treatment?

- For at least two weeks after treatment, you should avoid strenuous exercise (anything more than a brisk walk), heavy lifting, saunas or hot tubs, and leg massages. All of these dilate the superficial veins and interfere with their healing.
- You should also avoid airline travel for two weeks after treatment.

What are the possible side effects?

- It is normal for your legs to be achy and tender to the touch after treatment.
- You will likely have some bruising over the injection sites, then the treated veins may become firm and blue.
- The skin overlying larger varicose veins may also develop brownish “hyperpigmentation” as the blood products within those veins are absorbed by the body; in some patients it can take up to a year to fade.
- An uncommon complication is a blood clot within a deep vein. This risk is minimized by using ultrasound guidance and performing calf exercises throughout the procedure.

Videos of the treatment, as well as after care instructions can be found on our website our [YouTube channel](#).