

Going home after your sclerotherapy

After your sclerotherapy, you will need a responsible adult to take you home by private transport. We do not recommend that you use public transport since you may feel unwell. It is important for your safety that you follow this advice, and the instructions below, for the next 48 hours.

- You should rest for the remainder of the day and possibly for the next day, depending on your recovery.
- Have someone stay with you overnight.
- **Do not** drive or do any form of strenuous exercise for 48 hours after the procedure.
- Eat and drink normally.
- Take your usual pain relief, as prescribed or instructed on the packet, if you have any pain.
- Continue with your normal medication as usual, unless given special instruction. If you take any diabetes medicines containing **metformin**, please do not take them for the next **two days** following sclerotherapy.
- You can have a shower 24 hours after, and bath 48 hours after the procedure. The treatment site does not need to be covered.

You can resume your normal activities **after 48 hours**.

There will be pain and swelling following the procedure. If the vascular malformation does not swell then it is likely that the treatment will not work. The pain should subside over a day or so and the swelling may last up to 14 days. This usually responds to paracetamol or ibuprofen that can be bought from any chemist and taken after the procedure.

What if I have a problem at home?

If swelling at the procedure site does not resolve after two weeks or the skin ulcerates (breaks down) please contact us for advice.

If you feel you need urgent medical attention or are worried about anything outside of our normal opening hours, please:

- contact your GP
- contact NHS 111, which offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics, and is available over the phone 24 hours a day
- go to your nearest emergency department (A&E).

Contact us

If you have any questions or concerns after you have left hospital, please contact the Interventional Radiology Department at Guy's Hospital on **t:** 020 7188 5525, or St Thomas' Hospital on **t:** 020 7188 5477 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Post procedure information to be presented to a doctor if attending A&E

Sclerotherapy for vascular malformations

Patient's name.....

Date of birth.....

Hospital number.....

Date of procedure.....

Summary of the procedure

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Doctor's signature.....

Print doctor's name.....

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A list of sources is available on request