

## SCLEROTHERAPY TREATMENT

*This form provides you with the information you need to make an informed decision on whether or not to have sclerotherapy treatments performed. If you have any questions or do not understand any potential risks, please do not hesitate to ask the doctor or a member of our staff.*

### What is Sclerotherapy?

Sclerotherapy is a popular method for eliminating spider veins, broken capillaries and varicose veins. Microinjection treatments are done with Hypertonic Saline Solution, Sotradecol 1% (STS) or Asclera 1% (Polidocanol). These techniques are FDA approved, safe and provide good results.

### How Many Treatments Will I Need?

The majority of persons who have Sclerotherapy performed will see good improvement. Unfortunately, no medical technique is perfect and there can be no guarantee that it will be effective in every case. In very rare instances, a patient's condition may worsen after treatments. The number of treatments needed to improve the condition differs from patient to patient. Important factors include size, number and location of a given patient's spider veins. The need for 1 to 6 treatments is typical; the average is 3. Individual veins usually require 1 to 3 treatments. Vessels will slowly fade away over a period of months. It is common that you may experience recurrences or develop new spider veins in the future. Strategies to decrease the likelihood of recurrences include wearing compression stockings regularly, maintaining an active lifestyle and ideal body weight, and elevating your legs when possible.

### What Are the Risks of Not Treating the Veins?

Bleeding complications if you injure your leg. Wound healing difficulties. Localized discomfort.

### What Are the Most Common Side Effects?

- **Itching.** This itching normally lasts 1 to 2 hours, but may persist for a day or two.
- **Bruising and Swelling.** Common along the vein route after the procedure and should be expected, but is temporary.
- **Matting.** This refers to the development of tiny blood vessels in the treated areas. These can be persistent and, in some cases, permanent. This occurs in 2% to 4% of all patients treated.
- **Temporary Hyperpigmentation.** In almost every patient, the veins become darker and look worse immediately after the procedure, but then heal quickly. In less than 10% of all patients treated notice a discoloration that can take 4 to 12 months to heal.
- **Pain.** Pain is usually minimal and varies from patient to patient. Pain after treatment is temporary. Pain with microinjection is minimized by adding anesthetic to the solution injected.
- **Phlebitis.** This is a clot inside a vein that is usually the result of inadequate compression. This is usually benign in nature and will resolve with time.

### What to Expect After the Procedure

Your legs will be wrapped in an ACE bandage after the procedure. You need to keep this on for 24 hours. In our practice, we generally encourage people to wear compression stockings as a lifelong practice to prevent recurrence of varicose veins or spider veins.

#### Before your Sclerotherapy appointment, please follow the following instructions:

- Do not apply any lotion to your legs on the day of
- Keep hydrated
- Wear loose clothing and leg(s) in stockings after injections
- Bring compression stockings (wear for 24 hours)

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