



## **Sclerotherapy Information Sheet**

Sclerotherapy is an injection treatment used to eliminate small to medium size varicose veins and “spider” veins. Spider veins are small, blue or red veins commonly seen on the legs. Spider veins usually appear spontaneously and become noticeable over time as they increase in size and number. The majority of these veins present as a “**cosmetic problem**”. Sclerotherapy irritates the vein causing scarring and eventually disappearance of the vein. This is achieved by introducing medicine into the vein with a very small needle.

**Treatment** varies from patient to patient depending on the type, size and quantity of veins to be treated. Treatment sessions take approximately 30 minutes. We recommend the use of support hose high enough to cover the area treated. It is important to realize that the best results require patience. It takes time for your body to respond to the injections. Results often are apparent very quickly while other times it may take months for full therapeutic benefit to be achieved. It is important to follow the post-treatment instructions to optimize your results.

### **Possible Side Effects:**

**Itching-** you may experience itching around the area injected. If this occurs, it is usually mild and lasts for one to two days. If itching is significant, Benadryl may be used.

**Pain-** patients may have some tenderness at the injection site. Injection of the sclerosing agent can be uncomfortable, but is usually well tolerated by most patients. Acetaminophen (Tylenol) can be used if needed but do not take other over the counter medicines such as ibuprofen, aspirin, or Aleve.

**Bruising-** may occur at the injection site.

**Brown Spots-** (skin pigmentation) may be noted after injections. When a small needle is inserted into the vein to inject the sclerosing agent, occasionally the vein will rupture allowing the solution injected into the veins to leak into the surrounding tissue. This may occasionally result in a brown spot in the skin, which is rarely permanent and usually disappears with time, but may persist.

### **Rare Side Effects:**

**Ulceration at injection site-** very rarely a small open sore or blister will occur at

the site where the vein is injected. This ulcer can take four to six weeks to completely heal. A small scar may result.

**Allergic reaction-** there is a very rare incidence of an allergic reaction to the solution injected. Please inform us of any allergic history.

**Skin Necrosis-** a very rare reaction after injection but can result in larger areas of ulceration or skin breakdown that requires more extensive treatment.

### **Sclerotherapy Pre-Treatment Instructions:**

**Leg Preparation-** do not use oil, lotion or powder on your legs the night before or the day of your injections.

**Clothing-** bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes.

**Medications-** you should avoid the use of aspirin and/or ibuprofen for a few days before and after the treatment if possible. The use of these medications could increase the amount of bruising you may develop. Also you should not take any vitamin supplements containing **Iron** during your treatment period. Notify us if you take Minocycline as this medication has been associated with increased pigmentation reactions.

### **Sclerotherapy Post-Treatment Instructions:**

**Medical Grade Compression Hose-** these are required to be worn immediately after each treatment or if you have had aspiration of trapped blood from an injected vein. Hose can be purchased at our office, we recommend thigh high stockings with 20 to 30 mmHg compression. The hose should be worn for 24 hours, and then worn daily during the waking hours for 7 more days. The compression hose are *critical to the success of the treatment*.

**Driving-** you may drive immediately after your treatment. If your trip home is more than an hour, we recommend that you stop hourly to stretch your legs.

**Bathing-** remove compression hose and shower the next day. Hot tubs and hot baths should be avoided for two weeks after sclerotherapy to avoid venous dilation.

**Activities-** you may return to work and resume normal activity after treatment. Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups for one week after treatment. It is important to avoid sunlight to the treated areas for 7 days following treatment.

**Follow-up-** if you notice dark tender knots at your injection site, please call our office. You may need to return to have these areas aspirated. The doctor or nurse will advise you when you should return for subsequent treatments. Remember it is important to call our office (832-2200) if you have any questions or concerns before or after your sclerotherapy treatment.