

What you should know about your Sclerotherapy treatment:

What is Sclerotherapy?

Sclerotherapy is a popular method of eliminating superficial telangiectasia “spider veins” in which a solution, called a sclerosing agent, is injected into the veins. The injection causes a sclerosis or the formation of fibrous tissue in the vessel subsequent to an inflammatory reaction. This process causes a gradual fading of the treated vessel over a period of several weeks to several months.

Does Sclerotherapy work for everyone?

In most cases, you will achieve your desired results, however, there is no guarantee that sclerotherapy will be effective in every case. Approximately 10% of patients who undergo sclerotherapy have poor to fair results. (“Poor results” means that the veins have not completely disappeared after six treatments.) In very rare instances, the patient’s condition may become worse after the sclerotherapy treatment.

How many treatments will I need?

The number of treatments differs from patient to patient, depending on the extent of spider veins present. One to six or more treatments may be needed; the average is three to four. Individual veins usually require one to three treatments.

What are the most common side effects?

- Bruising: Which may last anywhere between one to several weeks. Use of support hose may be recommended and avoidance of alcohol and anticoagulant medication for 72 hours prior to each treatment session may minimize effect.
- Transient Hyperpigmentation: Approximately 30% of patients who undergo sclerotherapy notice a discoloration of light brown streaks after treatment. In almost every patient, the veins become darker immediately after the procedure (but then go away). In rare instances, this darkening of the vein may persist for four to twelve months.
- Pain: A few patients may experience mild stinging at the site of the injection. The veins may be tender to the touch after treatment. This pain is usually temporary, in most cases lasting from 1-7 days at most.
- Blood accumulation in treated vessel: This may present as a tender bump at a treatment site. The use of prescribed compression hosiery will minimize this possibility. Please refer to your post instructions sheet for the use of warm compresses.

Are there any other side effects?

Other side effects include a burning sensation during injection of some solutions and the development, usually temporary, of new tiny blood vessels; transient swelling of the vein might cause the ankles to swell, temporary superficial blebs or wheals (similar to hives); and, very rarely, small open areas, wound infection, poor healing or scarring.

What are some other procedures that treat Telangiectasia?

Laser and Filtered Flash-Lamp therapies can be utilized to treat very small spider veins less than 1mm in size, which are more difficult to treat with conventional sclerotherapy injections.

**Should you have any questions or concerns regarding your treatment, please call our office at
(818) 500-0823.**

PRE-SCLEROTHERAPY INSTRUCTIONS:

- Do not take Aspirin or other blood thinning drugs (e.g., Vitamin E, Ginkgo Biloba), ibuprofen, or other nonsteroidal inflammatory drugs (e.g., arthritis medicine) for 2 days before and 2 days after your treatment as these medications can increase bruising.
- If you take birth control pills or estrogen, inform the nurse prior to your treatment.
- We recommend that you avoid drinking alcoholic beverages as well as smoking for 2 days before and 2 days after your treatment. Drinking alcohol and/or smoking may impair healing.
- Do not apply any cream, lotion, oil, or self-tanners to your legs the night before or the day of your treatment.
- Bring loose fitting shorts or a leotard to wear during the treatment and a long skirt or long, loose fitting slacks to wear after treatment.
- Bring moderate compression stockings. Full stockings if injecting above the knee.
- It is advised when having treatment of Reticular Veins to postpone flying for 48 hours.
- If you develop fever or other illness prior to your appointment, you must reschedule.

POST SCLEROTHERAPY INSTRUCTIONS:

- Immediately after the procedure, you may be required to walk for 10-30 minutes and are encouraged to walk as much as possible and avoid standing in one position for prolonged periods of time. Be sure to have loose-fitting slacks/skirt and comfortable walking shoes with you. Maintain normal activities.
- Taped compression pads/cotton balls may be gently removed twenty-four hours after your sclerotherapy procedure (your nurse will discuss the exact time with you). If you notice a developing tape allergy (redness or rash) remove tape and put on support stockings. If you remove the tape prior to 24hrs, try to wear support hose.
- Wear your compression stockings for 2 weeks after the procedure.
- Avoid strenuous physical activities such as high-impact aerobics, running and weight lifting for 2 weeks following your treatment.
- Avoid hot baths for 2 weeks. Cool your legs with cold water after each shower.
- Avoid sunbathing and ultraviolet exposure for 2 weeks post treatment. Inflammation combined with sun exposure can lead to dark spots on your skin, especially if you already have a dark skin tone.
- Avoid swimming in chlorinated pools for 48 hours following your treatment.
- Avoid blood-thinning medications, such as aspirin and other non-steroidal anti-inflammatory drugs, (including but not limited to: ibuprofen, Motrin®, Aleve®, Advil®, etc. for 24-48 hours following your treatment.
- Should you experience any redness or a small lump use warm compresses 4 times a day. If you experience any open areas(s) you may use a Polysporin ointment (**NOT Neosporin**) to the affected area.

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