



SCLEROTHERAPY PATIENT INFORMATION

Sclerotherapy

Sclerotherapy involves injecting a medical detergent solution into a varicose vein to irritate the vein wall. This causes swelling of the diseased vein, which ceases blood flow and closes the vein. Over a few weeks to months the vein will dissolve and fade from site. Treatments will include numerous injections with a small needle. Each site will be covered with a cotton ball with adhesive tape to hold pressure on the treated vein. Following treatment a graduated compression stocking will be worn for 2-3 days to aid in the vein healing process.

Expectations

- A series of treatments are required to effectively treat varicose veins as only a specific amount of solution may be safely administered at each visit.
- To avoid an allergic reaction a test injection will be administered one week prior to treatment.
- Bruising and discoloration are common and healing time will vary with each patient.
- Itching may or may not occur after treatment for a few hours.
- Small, irritated bumps containing trapped blood may occur. If the area heals slowly the clotted blood can be extracted by the provider to speed healing.
- Ulcerations or sores can occur if solution leaks into surrounding tissue from a treated vein. To avoid this, you are asked to advise the staff of any painful or burning sensations at any of the injection sites. All affected areas will be flushed with saline solution to avoid a reaction.
- Appointments are spaced 4-6 weeks apart. Treated veins require a minimum of 2 weeks and up to months for scar to close and fade from view.
- An injected vein that does not completely close after sclerotherapy may reopen or a new vein may appear in the same location as a previous one. Treatment will not prevent new varicose veins from forming in the future.

RIVER RIDGE DERMATOLOGY

Pre-op 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. **Bring your compression stockings to each treatment session.**
- 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

After-care instructions

- Wear compression stockings (20-30 mmHg) 24 hours a day after the treatment and during waking hours for the following 48 hours after each treatment. This will decrease pressurized blood flow from keeping the veins open, minimize blood clot formation and decrease bruising and pigmentation. The compression hose are critical to the success of the treatment.
- Walk immediately after the procedure and 3-4 times a day for 30-60 minutes throughout each day until compression stocking is removed.
- Normal activities may be resumed immediately with the exception of strenuous exercise (aerobics, jogging, running, leg weight lifting and sit) that causes sweating and/or lifting over 25lbs for two to three days.
- Sunscreen is advised for one week after injections to avoid discoloration from the sun.
- 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.
- 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.
- Follow-up - if you notice dark 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 if you have any questions or concerns before or after your sclerotherapy treatment.