



JAY APPLEBAUM, M.D., INC. • WIEKE H. LIEM, M.D., INC. • KAROL DANGARAN, M.D., INC.

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Sclerotherapy Aftercare Instructions

You have been treated for unwanted spider veins on your legs, face or trunk. The recovery is very simple and predictable with most individuals having little or no problems, especially if you follow the instructions below.

1. You will experience some very short-lived pain while the injections are being performed, this should subside within a few minutes. You can take Tylenol if any discomfort persists. DO NOT take any Aspirin.
2. Cotton balls and tape will be applied at the time of the procedure. Leave them on for 3-5 hours.
3. Walk as much as possible following the procedure. Low impact aerobic activity is also allowed. More strenuous activities such as running, weight training, or high impact activities should be avoided for the first 24 hours.
4. Small areas of bruising and very small blood clots may occur. This is a normal phenomenon, usually resolving in 7-10 days. Any small clots that persist can be removed at your next visit using a simple process.
5. It may take up to 3 treatments and sometimes more to obtain optimal results. Treatments should be done at 4-6 week intervals. Expect about 60-80% improvement overall.
6. Showers can be taken once the cotton balls are removed but hot baths/Jacuzzi should be avoided for the first 48 hours.
7. If you have any questions regarding your treatment please call your doctor at 714-538-8556.

Remember this is a process that may take up to 3 treatments or more to see optimal results. Touch-ups may be needed on an annual basis to maintain your results. Growth of new vessels is a natural phenomenon and not caused by the treatment.



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Sclerotherapy Patient Consent

Medical therapy is not perfect, and no two patients are alike. Thus, the treatment of spider veins will not create miracles. It is not possible to cause all the spider veins to fade; expect 60-80% improvement after a full course of therapy.

You should understand the disadvantages and possible side effects before you undergo sclerotherapy treatment. First, repeated treatments are usually necessary and you should not expect 100% removal of all the blood vessels, especially if you have a number of them. The vessels fade slowly over several months, be prepared for this.

During the treatments, you will often look worse before better. Bruising is common and swelling should be expected, particularly if you have numerous vessels treated around the ankles and feet. The bruising in some cases may last for weeks. Other possible side effects include the emergence of many tiny vessels or blush areas which may appear at the edges of treated areas. These can be persistent and in rare cases permanent. Often, however, the matting may be more attractive than the original vessels treated. Pigmentation (brown discoloration) may also occur and may take several months to fade. White-colored, flat scars may occur if some of the fluid injected leaks out of fragile vessels. Inflammation and tenderness may occur following treatment and may take time to resolve.

Patients with active thrombophlebitis, active infection, poor circulation or those confined to bed should not be treated. Also, those with a history of blood clots to the lung (pulmonary embolus) or a history of extreme swelling of the feet and legs should not be treated. As mentioned, these side effects, although extremely rare, have occurred and accordingly these patients should be excluded.

I understand this is a cosmetic procedure and it will not be billed to my insurance company. Payment is expected at the time of treatment.

_____ Pt. Initials

My signature certifies that I understand the goals, limitations, risks, and complications of sclerotherapy, and that I wish to proceed with the surgery.

_____ Print Patient Name

_____ Date

_____ Patient Signature

_____ Witness