**Sclerotherapy Patient Information**

Spider veins are small, dilated blood vessels located close to the surface of the skin that have a red or bluish color. Although they can appear anywhere on the body, spider veins typically occur on the legs and face. Sclerotherapy involves the injection of a special solution into the unwanted veins. The solution irritates the lining of the vessel, causing it to swell and stick together, which causes the blood to thicken. Over a period of weeks, the vessel turns into scar tissue that is absorbed, eventually becoming barely noticeable or invisible.

**What sclerosing solution do we use?**
Patients are treated with a Glycerin solution. Unlike other practices that use a Hypertonic Saline agent, we prefer Glycerin solution due to its many benefits. Glycerin is less painful and has demonstrated a significant decrease in bruising, swelling and post procedural pigmentation. Glycerin 72% mixed 2:1 with 1% lidocaine with epinephrine.

**How does it work?**
The solution works by damaging the cells that line the blood vessels. The damaged vessels fade slowly over the next 2-4 weeks as the body’s immune system reacts to and removes the damaged areas. We can usually achieve 70-90% fading with an average of 2-4, 30 minute treatments.

**What are the possible side effects?**
Most of the patients have little to no problems and notice a slow disappearance of the treated vessels over a 2-4 week period.

1. **Slight blistering** may occur at the injection site if small amounts of solution leak into the surrounding skin. This usually heals without a problem, but a slight and temporary freckle-like pigmentation may occur. Most, if not all of this pigmentation will disappear over the next several months without treatment.
2. **Bruising** at the site of the injection, usually short-lived and resolves within days to a couple of weeks following treatment.
3. **Tiny blood clots** may appear as blue/green or black dots in the treated vessels and resolve within 6-8 weeks after treatment without therapy. They are rarely tender and can be removed by using a small needle and a Q-tip. These clots will not cause any problems.
4. **Swelling** is noted on occasion, particularly in those patients who have jobs that require prolonged standing. The swelling is never dangerous, but occasionally requires treatment with ace wraps and leg elevation.
5. **Superficial Thrombophlebitis** is very rare. Less than 1 case per thousand treatments is reported. This condition requires ace wraps, leg elevation, warm soaks and anti-inflammatory medications.

6. **Neovascular Flushing** is seen as the appearance of very tiny, net-like mats of new vessels. It may occur in 30% of patients treated. It will either resolve over time or with additional treatments.

7. **Infection** is very rare. Everything used is sterile and disposable. The skin is cleansed with alcohol prior to the injections and gloves are worn by your doctor.

8. **Scarring** is very rare if the procedure is done by experienced personnel. Your doctor has been performing this procedure on a routine basis for many years now and has treated over hundreds of patients without any significant problems.

**How soon will the vessels disappear?**
Each vessel may require 2-4 injection sessions to obtain optimal fading. However, every patient is different and some may require more sessions. They usually disappear over a period of 2 weeks to 3 months.

**How often do I have to come for treatments?**
Treatments are done at 3-4 week intervals.

**Are there any physical restrictions following therapy?**
You will wear some cotton balls and tape on the treated sites for 3-5 hours following therapy. Walking is encouraged immediately following treatment. Low impact aerobics, swimming, and bicycle riding are allowed in the first 48 hours. There should be no strenuous exercise or heavy lifting during this period. Showers are preferred over baths and Jacuzzis should be avoided. After the first 48 hours, there are no restrictions on bathing or regular daily activities.

**Is treatment painful?**
Most patients tolerate the treatment well and only report minimal discomfort. There is little or no pain reported in the postoperative period.

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**Bring a pair of shorts, leotard or bikini bottom to wear during treatment. Do not shave your legs or use a moisturizer on the day of treatment.**
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.**
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