

SCLEROTHERAPY INFORMED CONSENT & BEFORE AND AFTER TREATMENT INSTRUCTIONS

WHAT IS SCLEROTHERAPY?

Sclerotherapy is an injection treatment used to eliminate "spider" veins. "Spider" veins are superficial telangiectasias, tiny vessels that are red, blue or purple in color. The majority of these veins present as a cosmetic problem.

HOW DOES SCLEROTHERAPY WORK?

A very small needle is used to inject a sclerosing solution into a varicose or "spider" vein. Different solutions are used depending on the type of vein. Different strengths of the solutions are used based on the size of the vessel. Once injected the cells that line the vein wall (endothelium) will become irritated, inflamed and damaged. External compression is applied using cotton balls, tape and support hose. The compression causes the vein walls to seal together and the vein no longer can transport blood. Your body will then break down and absorb the damaged vein. When healing is complete the vein is no longer visible. The process is very similar to how your body heals a bad bruise. "Spider" veins do not have any useful function and eliminating them will not affect your circulation. Reducing or eliminating varicose veins can improve your circulation and symptoms of heaviness, aching and fatigue.

HOW MANY TREATMENTS ARE NEEDED?

The number of treatments needed varies from patient to patient depending on the type, size and quantity of veins to be treated. Varicose veins and "spider" veins may require multiple injection sessions. Subsequent treatments are usually scheduled every four to six weeks to allow time for the body to respond to the treatment. It is important to realize that the best results require patience. It takes time for your body to respond to the injections. It is important to follow the post-treatment instructions to optimize your results. Your body will continue to heal and "fade" injection sites for months after treatment. After your initial screening exam your practitioner will give you an estimate as to the number of treatments that may be required. This is based on the practitioner's assessment and your history and expectations.

WHAT TO EXPECT:

Photographs will be taken before treatment is initiated. This helps to monitor your progress. Your legs will look worse before they look better. After the vein is damaged the body needs time to heal. Most people will notice a dramatic improvement approximately four weeks after their initial treatment. Maximal improvement often takes several months and several treatments. There is no guarantee sclerotherapy will be effective in every case. Some veins and areas will need to be retreated. Recurrence of the same vein treated rarely occurs with proper injection technique and compliance with post treatment instructions. New varicose veins or "spider" veins may form requiring subsequent treatment. Periodic re-evaluations are encouraged so that any new veins that develop can be injected before they become too large or too numerous.

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COMMON 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.

HYPERPIGMENTATION-a light brown discoloration of the skin may develop along the vein in the area injected. Approximately 20-30% of patients treated note the discoloration, which is lighter and less obvious than the vein being treated. The hyperpigmentation usually fades in a couple weeks, but may take several months to a year to totally resolve. There is a one-percent incidence of hyperpigmentation continuing after one year.

TRAPPED BLOOD-A small amount of blood may become trapped and hardened in the vein when injecting varicose veins or some "spider" vein complexes. This may feel like a knot or cord and it may look dark blue or bruised. This is a common occurrence. You may need to return before your next treatment so this area can be drained to remove the trapped blood. This will reduce the hyperpigmentation that can occur. The chance of this occurring can be decreased with proper compression of the vein and use of compression hose after your treatment.

TELANGIECTATIC MATTING-the formation of new, fine "spider" veins in the area injected occurs in less than 1% of patients injected. The exact reason for this occurring is unknown. If untreated, the matting usually resolves in three to twelve months, but very rarely it can be permanent. If the matting does not fade it can be re-injected or treated with a laser/light source.

PAIN-it is common to have some tenderness or stinging at the injection site. Injection of the sclerosing agent can be uncomfortable, but is usually well tolerated by most patients. The discomfort is temporary, lasting one to at most seven days. Acetaminophen (Tylenol) can be used if needed, according to product directions.

BRUISING-may occur at the injection site. Bruising may be minimized by avoiding Aspirin and Ibuprofen products and fish oil for seven days before and after each treatment session.

RARE SIDE EFFECTS:

ULCERATION AT INJECTION SITE-very rarely a small ulcer will occur at the site where the vein is injected. An 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. You will be observed for such reaction and will be treated appropriately should it occur. Please inform us of any allergic history.

PULMONARY EMBOLUS/DEEP VEIN THROMBOSIS-a blood clot to the lungs/a blood clot in the deep vein. In the medical literature there is an extraordinarily low incidence of this complication.

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SCLEROTHERAPY PRE TREATMENT INSTRUCTIONS:

COMPRESSION Stockings-are required to be worn immediately after each injection treatment or if you have had aspiration of trapped blood from an injected vein. Hose can be purchased from our office or you may request a prescription to purchase them at a pharmacy or medical supply store. You cannot be injected without your compression hose. The hose must be worn continuously for 24 hours after your treatment. Then they may be removed and worn daily, during the waking hours, for seven more days. Your practitioner may adjust the length of time to wear your hose. The compression hose are critical to the success of the treatment.

LEG PREPARATION-do not apply oil, lotion or powder to your legs the night before or the day of your injections. Use of these toiletries will not allow the cotton balls and tape to adhere to your skin. Do not shave the day of your treatment. Do shower the day of your treatment, as you will be required to wear compression stockings for 24 hours continuously after treatment.

CLOTHING-bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes to accommodate the cotton balls, tape and hose after your treatment.

MEDICATIONS-discontinue Aspirin (Bufferin, Anacin etc.) and Ibuprofen (Motrin, Advil, Aleve etc.) and fish oil for 7 days before and after injections to reduce bruising. Acetaminophen (Tylenol) is allowed.

TIME ALLOTTMENT-a sclerotherapy treatment should last approximately 30-45 minutes. You should arrive 10-15 minutes early for your first sclerotherapy treatment to allow time for photographs and to sign your consents. You should then allow 15 to 30 additional minutes to apply your support hose, get dressed and to check out of the office. If you need to cancel or reschedule your sclerotherapy treatment, please give our office at least 72 hours notice.

SCLEROTHERAPY POST TREATMENT INSTRUCTIONS:

COMPRESSION-cotton balls and tape provide local compression over each area injected. Before standing, you will put on your compression hose. Proper compression is very important because it minimizes the blood re-entering the injected vein, decreases the incidence of post sclerotherapy hyperpigmentation and telangiectatic matting and improves venous blood flow. The cotton balls and tape can be very uncomfortable and may even irritate sensitive skin. Cotton balls and tape may be removed the morning after treatment. After the initial 24 hours of wearing your stockings, they may be worn during waking hours for 1 week.

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BATHING-a shower is allowed after the first 24 hours. Hot baths, hot tubs and saunas should be avoided for two weeks after sclerotherapy to avoid venous dilatation.

HYPERPIGMENTATION-if you develop hyperpigmentation after sclerotherapy you should apply sun block to those areas when sun exposure is anticipated to avoid increasing the hyperpigmentation.

DRIVING-you may drive immediately after your treatment. If your trip home is longer than an hour we recommend you stop hourly to stretch your legs.

ACTIVITY-in most cases, you may return to work and resume normal activity after treatment. Please take a 20-30-minute walk immediately following your treatment. This will help circulate the solution that was injected. Walking is encouraged; it promotes efficient venous circulation. Avoid sitting and standing for extended periods and elevate your leg(s) above the level of your heart when possible for the next two to three days. Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups for one to two weeks after each injection treatment.

MEDICATIONS-do not use Aspirin or Ibuprofen products or fish oil for seven days before and after each treatment to reduce bruising. Acetaminophen (Tylenol) can be used if you experience any discomfort from sclerotherapy.

FOLLOW-UP-subsequent treatments are usually every four to six weeks. Your practitioner will advise you when you should return. If you notice dark knots or cords at your injection sites please call our office; you may need to return sooner to have these areas aspirated. Remember it is important to call our office if you have any questions or concerns before or after your sclerotherapy treatment. Please keep your follow up appointment after treatment. It is important for the practitioner to assess the results you achieved from each treatment. If you need to cancel or reschedule your sclerotherapy treatment or follow up appointment, please give our office at least 72 hours notice.

*I have been informed and explained the procedure and risks of sclerotherapy. I understand that it could take multiple treatments to achieve desired results. I understand that the compliance of the above instructions will increase the effectiveness of my treatment. I agree to return to the office for any adverse effects or complications. In addition I consent to be photographed before and after treatment for the use of charting purposes. **I have read and understood all information presented to me before signing this consent.***

Name: _____ Date of 1st treatment: _____

Signed: _____ Date: _____

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