



Sclerotherapy Patient Information Sheet

What is sclerotherapy? Sclerotherapy is a treatment to remove or diminish unsightly small blood vessels and spider veins. A solution is injected into each blood vessel causing inflammation to the cells that line the vein wall. External compression is applied, using an ace wrap or support stockings, causing the vein walls to seal together so that they may no longer transport blood. The body will break down and absorb the damaged vein.

What to expect? The procedure is performed in our office and lasts approximately 30 minutes.

The injected veins may appear pink and inflamed. Often a purplish hue is noted over the top of larger veins. Most of these changes will fade over two or three days, however, a brownish stain may appear over larger veins that can take weeks or even months to resolve. It is recommended to have sclerotherapy well in advance of important events as your legs will look worse before they look better. Many patients require subsequent treatments and are usually scheduled every 6-8 weeks to allow the body time to respond to treatment. The number of treatments needed varies from patient to patient, depending on the size and quantity of veins to be treated.

Side Effects/Risks

Hyperpigmentation, a light brown discoloration of the skin along the injected vein, may occur as well as some bruising. This usually fades in a couple of weeks. Larger veins may also develop a hard, lumpy feel, which is a collection of trapped blood and is not dangerous. Using a heating pad over these areas may help your body to absorb "old" blood quicker.

Matting, the formation of new "spider" veins in the injected area, usually resolves in 3-12 months. If they do not fade, they may be re-injected or treated with cosmetic laser.

Recurrence, or incomplete resolution of the veins.

Deep Vein Thrombosis is a blood clot in the deep veins. There is a very low incidence of this complication.

Warning Signs of possible complications include excessive redness, swelling or persistent pain.



Sclerotherapy Solutions

Vascular Surgical Associates' Vein Center offers two sclerotherapy solutions:

Hypertonic Saline is a very concentrated saline (salt) solution which irritates the lining of the vein and causes it to close. It is the most widely used solution and does not cause allergic reactions. Disadvantages are that it does sting and sometimes causes cramping during treatment. It can also cause staining that may or may not fade over time.

Asclera (polidocanol) is a detergent-like solution that interferes with the cells of the inner lining of the vein, causing the vein wall to seal shut and close. This treatment does not sting or cause cramping, and studies have shown that there is minimal staining associated with Asclera. This is a premium product that is more expensive, but the added cost provides a more comfortable experience.

Your provider can help you decide which solution is right for you.



Sclerotherapy Pre-Treatment Instructions

- Please do not apply any oils, lotions, or powder to your legs prior to injections.
- Wear loose fitting clothing that will fit over the ace bandage that we will wrap your leg with after your injections.
- You will need to purchase a pair of support hose/compression stockings to wear for 7 days following injections.

Sclerotherapy Post-Treatment Instructions

- Walk for 20-30 minutes immediately after your injections to circulate the solution.
- Elevate your legs for the rest of the day. You may get up to do minimal activities.
- Wear the compression wrap for 24 hours, then wear your compression stockings during the day for the next 7 days. **Compression improves venous blood flow and helps minimize the blood from re-entering the injected vein.**
- We recommend walking for 30 minutes a day for one week. Avoid heavy weight lifting or straining.
- Avoid sun exposure or tanning beds for 2-3 weeks. Injected areas can become inflamed or brown pigment may appear if exposed to sun.
- Hot baths, hot tubs, and saunas should be avoided for 2 weeks to prevent venous dilation.
- Use caution when shaving to avoid irritating injected areas.

**Best results require patience! Following post-treatment instructions will help to optimize your results, and you will notice that the injected sites will continue to heal and fade for months after treatment. Again, subsequent treatments may be necessary. Results may not be successful if you have an underlying vein condition that should be treated first. Your provider will help you decide on the best course of treatment.