

## Sclerotherapy

### What is Sclerotherapy?

Sclerotherapy is the injection of a liquid that collapses superficial veins that are unwanted or painful. Sclerotherapy is an excellent treatment option for veins, but is not for everyone. You should not have sclerotherapy if you:

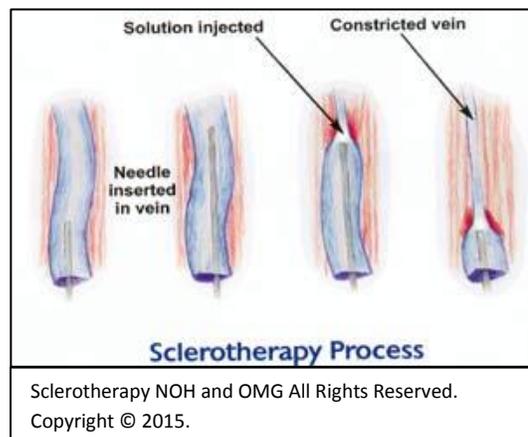
- are pregnant or breastfeeding
- suffer from congestive heart failure (CHF)
- have a patent foramen ovale
- have migraine headaches
- have a history of blood clots or thrombophilia
- have an active infection

### Pre-procedure instructions:

- Please bring your prescribed compression stockings with you on the day of your procedure.
- Bring or wear loose-fitting pants or shorts.
- Do not shave your legs the night before or the day of your procedure.
- Do not apply lotion to your legs the day of your procedure.

### What to expect during the procedure:

- Another thorough exam of your veins will take place.
- Problem veins will be identified and discussed.
- Before and after pictures may be obtained to track your results.
- The practitioner will clean the surface of your skin over the veins with an alcohol swab.
- A small needle will be used to inject the sclerotherapy medicine directly into the veins. This will feel like a modest prick.
- Bandages are placed after the injections are complete. Compression stockings are placed over the bandages.
- You will remain lying with your head elevated for 15 minutes after the procedure.



### Post-procedure instructions:

- Keep your compression stockings on for the first 48 hours continuously.
- After 48 hours you may remove the stocking and bandages.
- You may shower after 48 hours.
- Continue to use compression stockings while on your feet during the day for 14 days. Put them on as soon as possible when you get up for the day. Remove them right before going to bed.
- Avoid hot water, hot baths, hot tubs and saunas for at least two weeks after sclerotherapy to avoid venous dilation.
- Avoid sun exposure or tanning to the injected veins for four weeks, as it may cause skin discoloration.
- Take over the counter Tylenol™ (aceto...), as needed for discomfort. Avoid anti-inflammatory medicines such as ibuprofen and aspirin.
- Walking is encouraged. Resume normal activities. Avoid highly strenuous aerobic activity, such as running and weight lifting, for one to two weeks after injections.

### What to expect after the procedure:

- Please be patient to see the final results! It may take several weeks for medium sized veins to improve. It may take months for larger veins to improve.
- Your veins may look worse at first before they look better.
- The injected vein may become red, purple and bruised. You may have localized swelling or tenderness. These are normal effects of sclerotherapy. The veins may become slightly hardened before disappearing.
- If symptoms are severe or worsen over time, please call the office at (269)349-7696.

### Side effects:

- Sclerotherapy is safe. As with any procedure, there can be side effects.
- Most of the side effects are minor and occur in only a small percentage of patients.
  - Hyperpigmentation of the skin is the most common side effect. Five to 20 percent of patients will have light brownish discoloration of the treatment site. This normally disappears within three to 12 months.
  - Post-treatment superficial phlebitis is a benign, short term condition. It consists of redness, warmth and pain over the treated vein. Reduce the effect by wearing compression stockings, taking an anti-inflammatory medicine and applying a warm compress to the area for no longer than 30 minutes daily.

- Some patients may develop new patches of tiny red veins under the skin surface. It is usually temporary, with clearing of the area within a few weeks. If these areas do not clear on their own, laser therapy can be helpful.
- Rarely, an ulcer can develop at the treatment site. With proper wound care and antibiotic ointment, these ulcers will go away over time.
- Hives and other allergic reactions to medicines used are uncommon. Severe allergic reactions are very rare.
- More serious side effects include: Deep vein thrombosis (a blood clot in a vein) or pulmonary embolism (a clot in the lungs). This is a very rare, but serious, side effect.