

PATIENT INSTRUCTIONS FOR SCLEROTHERAPY

Introduction

Sclerotherapy is a popular method for eliminating unsightly veins and superficial telangiectasias ('spider veins') whereby a solution, called a 'sclerosing agent' is injected into the veins. This solution causes the inner wall, or lumen, of the blood vessel to become sticky and swollen, shutting it down. With the treated vein closed, local circulation is improved.

The types of veins commonly treated include uncomplicated spider veins (very small, flat red vessels ≤ 1 mm in diameter) and uncomplicated small varicose veins (small blue vessels 1 to 3 mm in diameter) known as reticular veins. Large varicose veins do not respond as well as small varicose veins to sclerotherapy. Treatment of spider veins and reticular veins with sclerotherapy may greatly improve their appearance and may also improve the associated symptoms of pain.

Why Do We Use Asclera® (Polidocanol) for Treatment of Leg Veins?

Asclera® (polidocanol) is a sclerosing agent that works by damaging the endothelium, the inside lining of blood vessels, causing the blood vessels to clot as the platelets and cellular debris attach to the lining of the vessels. Over time, the clotted vein will be replaced with other types of tissue. Advantages of polidocanol include excellent local tolerance with low risk of toxicity, low risk of allergic reaction, and its anesthetic effect (less pain and discomfort).

Risks and Complications Specific to Sclerotherapy

- Pain, redness, warmth
- Cramping
- Bleeding
- Bruising or hematoma
- Swelling locally or leg swelling
- Skin irritation, hives or itching

- Ulceration
- Changes in color of skin, either lighter or darker
- Very fine red matted vessels
- Scarring
- Inflammation of the blood vessels
- Infection
- Incomplete removal or recurrence of treated vessels
- Superficial clots at injection sites

Post-Procedure Care

1. Please stay out of the sun and wear sun protection for a minimum of 2 weeks after the procedure.
2. Please wear support stockings for 1 week. Routine walking after the procedure is encouraged. Avoid strenuous physical activities such as high impact aerobics or weight lifting for the first 48-72 hours.
3. Avoid sitting or standing in one position for long periods of time. Avoid hot baths.

Pregnancy Precautions

Sclerotherapy is not safe during pregnancy. Please ensure that you are not trying to become pregnant or currently pregnant at the time of the procedure.

Please contact us at (206) 456 -4464 if you have any questions or concerns.

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