

## Sclerotherapy

### What is sclerotherapy?

Sclerotherapy is the injection of unwanted leg veins with a fluid that acts on the vein lining. The veins then go into spasm and eventually shrivel up and disappear. Injection of superficial veins has very little effect on the overall venous drainage of the legs as most of the blood travels through the deep system and the veins injected are usually non-functional in any case.

### First consultation

Prior to having sclerotherapy, patients need to be assessed by a doctor. This includes a full history and examination of the leg veins. Usually you will need an ultrasound or Doppler examination to exclude any more serious problems which may require surgery.

You will be advised to purchase a particular type of very firm support stocking, which must be brought along to the treatment session.

### Possible complications of sclerotherapy

These are rare but include allergic reactions: hyperpigmentation, local skin ulcers, deep vein thrombosis, and new vein formation. These will be explained by your doctor at the first consultation, and you will be required to sign a consent form prior to having sclerotherapy.

### What happens during and after sclerotherapy?

Each vein is injected with a very fine needle so that discomfort is minimised. After each area is injected cotton wool balls and tape may be applied. These may be removed before your next shower, however if any discomfort is felt from the tape pulling on the skin they should be removed straight away. Support stockings are required to be put on immediately after treatment and worn continually for 3 days, i.e. showering and sleeping in them as well. After these 3 days, the stockings should be worn during the day for one to two weeks, depending on the size of the veins injected. Please make sure when you take the stockings down or off that you are sitting on your bed with your legs out laterally as this reduces the pressure on the treated veins. It is advisable to purchase 2 pairs of stockings, which are available from the clinic.

Immediately after the sclerotherapy treatment you should walk around for ½ hour, and then walk ½ hour daily for the next week.



Vigorous exercise and lifting heavy weights should be avoided for one week. You should not fly within three weeks of sclerotherapy, and if driving long distances you should get out and walk around every 1-2 hours.

Shaving should be avoided 48 hours prior treatment and moisturizer should not be used on the day of treatment.

SIGNATURE .....

DATE .....