

SCLEROTHERAPY

Sclerotherapy is the treatment of superficial blood vessels, usually on the legs, by injection of an irritating substance into the vessels.

Usually 1-3 sessions are necessary to remove a single network of vessels. Multiple sites will be injected during each session. Concentrated salt water is used as the sclerosing agent. This agent has been shown to be the safest and most effective. Mild discomfort such as burning or cramping may occur during injections. Each injection site will be covered with a cotton ball and tape which should be left in place for several hours.

Please follow these instructions the day of your procedure:

1. Wear loose fitting, comfortable clothing to your appointment.
2. **DO NOT APPLY ANY MOISTURIZER on your legs** on the day of your procedure.

Side effects are usually mild and well tolerated. Side effects may include:

- Pigmentation- Brownish discoloration may occur at the injection sites due to leakage of blood out of the vessel at the puncture site or due to vessel rupture. This usually clears in less than 6 months although in 2% of patients beyond 2 years.
- Bruising
- Swelling of the feet- This is seen most commonly in people who already have a history of this problem.
- Clotting within the vessels- Usually seen in larger vessels (1mm) and is characterized by a linear bluish-black clot. These can be easily incised and drained.
- Superficial thrombophlebitis- This is rare when only small vessels are treated.
- New vessel formation- A new network of vessels sometimes appears adjacent to the treatment site. This usually occurs on the thighs. The new vessels are much smaller than the original vessels and usually resolve spontaneously or after further therapy.
- Necrosis and ulceration- This is uncommon but when it occurs it can take a prolonged time to heal and will result in scar formation.
- You are not a suitable candidate for sclerotherapy If you are pregnant, take blood thinning drugs, or have a history of pulmonary embolism, thrombophlebitis, or clotting disorders.
- Discontinue aspirin and aspirin-containing products, ibuprofen, alcohol, fish oil, and vitamin E should be discontinued at least one (1) week before your procedure.
- Serious risks are minimal and most side effects are transitory.
- Your provider may advise you to bring compression stockings (20-30 mm Hg) to apply immediately post-procedure.

For additional questions regarding this procedure, please contact your provider.

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