

## **SCLEROTHERAPY OF VARICOSE AND SPIDER VEINS**

Varicose veins affect one of every fifteen men and one of every five women. Typical symptoms are sensations of leg heaviness, burning, aching, muscle cramps. Restlessness and night discomfort. This can progress to phlebitis, eczema, or skin ulcers.

### ***Causes of Varicose Veins***

The majority, (90%) are inherited. The rest are acquired by injury or phlebitis. Contributing conditions are pregnancy, trauma, obesity, aging, excessive heat (including sunburn), prolonged standing, constricting garments and disorders of the limbs and feet.

### ***Your first visit***

At this visit, a medical history, including attention to drug reactions and allergies will be obtained. I will examine your legs and a treatment plan, including costs, will be discussed with you.

### ***What is sclerotherapy?***

This is a technique where a series of injections are made into dilated veins. The sclerosant medication injected, causes the veins to thicken into cords which will then dissolve and disappear over a 2-4 month period. Blood is rerouted through the healthy superficial and deep venous systems.

### ***What are the advantages of sclerotherapy?***

Surgical treatment (stripping) is necessary in certain conditions. Multiple unsightly scars can be avoided by using the sclerotherapy technique. Sclerotherapy can be performed as an office procedure, meaning that you can continue your usual activities and have no loss of time from work.

### ***What can be expected from sclerotherapy?***

Sclerotherapy can obliterate large and small veins. Symptoms resulting from distended veins should disappear. Large veins may require several injections along their path. Some areas may have to be injected more than once.

### ***What are the risks and side effects?***

Minor local inflammation may occur. Bruising may last 3-4 weeks and brownish staining over the veins may occasionally last a few months. Occasionally, if the solution leaks back, small ulceration may appear on the skin. There may also be some pigment changes at the site of injections, especially in dark skinned people. Post treatment bandages or support stockings are usually recommended.

More serious complications, such as phlebitis and allergic reactions are rare. The most serious risk of treating large veins can be a deep blood clot in the leg which can be life threatening. If you develop any calf pain or swelling, notify me immediately.

### ***Before treatment***

The day of your treatment

- avoid taking Aspirin
- avoid waxing or shaving your legs
- avoid using skin creams (tape will not stick)
- you may choose to bring loose shorts or appropriate underwear to feel comfortable
- bring slacks or a long skirt to wear after

### ***After treatment***

- try to walk for about 10 minutes after your injections
- remove the cotton balls in two hours
- wear support stockings immediately and for a minimum of three days
- avoid strenuous activity for the first 24 hours (less bruising)
- if your legs become painful after injection, walk for about 30 minutes
- no sunbed tanning for 5 days. If outdoors, use sunscreen
- call me at the above number if you have **any** concerns.