

### What can occur with Sclerotherapy

- 1) Veins may become lumpy, tender or hard following therapy. You may develop a superficial phlebitis (inflammation of the vein). Small **dark clots/ lines** may develop in the treated veins. If these become painful or red, please contact your physician. Please come back within two weeks to have these dark areas treated as they may stain/ discolor.
  - 2) A superficial ulceration may occur over the injected vein. This usually will not leave a scar. Call the physician if this occurs.
  - 3) **Bruising** at the injection site is normal and may last several weeks.
  - 4) You may have some **welting** at the injection sites. This should resolve over the next few hours.
  - 5) **Staining** occurs in up to 30% of patients and usually disappears in a few months but rarely is permanent. This is due to blood leaking out of the vessel and hemosiderin (a form of iron stored in the blood) depositing in the tissues. A bruised appearance of the skin occurs where the vein was treated. To decrease the risk of staining follow the pre-and post-instructions
  - 6) **Matting** is the formation of very, very tiny new red blood vessels that may occur around the injected area.
- VERY RARE SIDE EFFECTS
- 7) Rarely, a deep vein thrombosis or pulmonary embolism (blood clot in the deep veins or lungs) can occur. To avoid this walk after the procedure and avoid prolonged sitting or driving in a car for the period immediately following the injections. This is extremely rare. If this occurs please contact the office 954-965-4922 to be seen immediately or go to ER 954-965-4922.
  - 8) An allergic reaction can rarely occur to one of the components.
  - 9) Intra-arterial injection is a serious and extremely rare complication which may lead to muscle and skin damage.

**Side Effects are RARE but Please Call the office if following the procedure:**

Inflammation occurs within 5 cm of the groin

There is red painful streaking of the veins

The leg becomes suddenly swollen and painful

There is the formation of an ulcer at the site of an injection

## Instructions for Sclerotherapy

### Post – Sclerotherapy Instructions

- 1) You may immediately resume normal activities. Avoid lifting more than 40 lbs., strenuous activities or aerobics for the first 24-48 hours.
- 2) Walking is encouraged You need to walk at least 30 minutes/ daily
- 3) Do NOT take very HOT baths or showers for 1 to 2 weeks after the procedure. **NO** extremely warm temperatures should be placed directly over the areas for at least 48 hours. Avoid hot compresses, heating pads, saunas, hot tubs and steam baths for 48 hours.
- 4) **No medications containing tetracycline/minocycline** should be taken for 7 days before /after the procedure for risk of staining the skin.
- 5) Avoid prolonged standing or sitting in the same position for too long. If you are traveling in a car move your feet or toes, frequently. If you are standing still for too long alternate legs, support one foot on a stool or pump your calves 20 times an hour.
- 6) Wear your support hose or ace wraps, as directed. The ace wraps and hose should be worn continuously for the first 48 hours. Then, the hose should be worn daily except for bed and bathing for the next 2 -3 weeks. The longer you wear them the better the results.
- 7) No creams or lotions applied to areas injected for 48 hours after the procedure.
- 8) No shaving for 48 hours after the procedure.
- 9) Avoid sun -bathing, tanning beds, and swimming in dirty water for 1 week.
- 10) After the procedure, you may feel some slight discomfort or cramping which will subside usually by the time you leave the office. If you continue to have discomfort, take some Tylenol and pump your calves.
- 11) If mild swelling occurs over an injection site elevate and ice the area.
- 12) Sclerotherapy may be repeated in the same leg in 2 to 4 wks., as needed. Dark areas should be drained or looked at in 2 weeks
- 13) **If your stockings or ace wraps are rubbing, irritating, cutting or bothering you in any way please remove them and put the stockings back on if you are able.**