



202 Rock Creek Parkway  
Fairhope, AL 36532  
251-928-3844

### **Sclerotherapy General Information**

**Cost starts at \$250 and depends on the number of vessels treated.** (plus the cost of compression stockings purchased at the first visit)

**Multiple treatments are generally required** at two to three month intervals, but this will be determined on an individual basis.

All visible veins that you would like treated in a given session will be injected, but will be limited by the maximum amount of solution that is thought to be safe.

Pre- and post-procedure photography may be used to document your treatment progress. These photographs will be stored in your medical records and will not be used otherwise without your written consent.

### **Sclerotherapy Instructions**

Before your appointment

- One (1) week prior to your treatment do not take Vitamin E, Aspirin, Ibuprofen or non steroidal anti-inflammatory drugs (arthritis medication)
- Do not drink any alcoholic beverages or smoke two (2) days prior to your treatment and two days after your treatment as this may impair the healing process
- The day of your appointment, do not shave your legs to avoid discomfort. Shower and wash your legs thoroughly with an antibacterial soap. Do not apply any creams or lotion to your legs.
- Bring loose-fitting shorts to wear during the treatment

After your treatment

- Immediately following your procedure, you will be fitted with support stockings. You will need to purchase these at our office on the day of your treatment. **You need to wear these support stockings 24 hours a day for one (1) week.** Then wear stockings as instructed by your doctor. This is not optional – the stockings greatly increase the effectiveness of the treatment and reduce health risks.
- If you are traveling over thirty (30) minutes to the office, have someone else drive you, so you can move your feet around after your treatment. This is very beneficial following your procedure.
- You will be able to maintain normal activities. Walk at least one (1) hour every day “the more the better”. However, avoid standing for long periods of time.
- Avoid Strenuous physical activities such as high impact aerobics, running, abdominal crunches or leg lifts on gym equipment for one (1) week while wearing support stockings.
- Take showers rather than baths for two (2) weeks following your procedure. Cool your legs with cold water after each shower. Wear support stockings during showers. It is okay if your stockings get wet.
- Avoid Vitamin E, Aspirin, and Ibuprofen for one week. Smoking and alcohol are strongly discouraged during the first two (2) days after treatment.

**Sclerotherapy Risks**

**Pigmentation** is one of the most common risks of sclerotherapy and occurs in approximately 20 to 30 percent of patients. Asclera, the solution we most commonly use, is associated with lower risk of pigmentation than other solutions. Compression stockings help to minimize the risk of pigmentation.

**Telangiectatic matting** is the development of tiny vessels that appear around a treated vessel or group of vessels. This risk is higher in women taking hormone replacement therapy or birth control pills. While this typically disappears with time, treatment may be indicated for persistent matting.

**Edema (swelling)** may develop temporarily after treatment. Wearing compression stockings can reduce this side effect.

**Bruising** should be expected immediately after treatment, and may last several weeks.

**Pain** is typically minimal during the procedure, but this is variable among patients. Glycerin is associated with less pain than saline. **Aching** may also occur for several days after the procedure and is usually minimized by use of compression stockings and walking. If pain does not subside with these, contact us immediately as this may be a sign of a **blood clot** in your leg.

**Vessel recurrence** may occur with time, but usually what is perceived as a vessel recurrence is actually a new vein in the same general area. Compression stockings minimize this risk.

**Superficial ulceration, cellulitis and thrombophlebitis** are possible, but much less common risks.

Call our office if you experience any of the following: severe pain or pain that gets worse instead of better during the healing process, pronounced swelling or redness of treated leg(s), red or sore lumps over treated veins, ulceration of the skin, fever, cough, shortness of breath, or rash. (251) 928-3844

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I, \_\_\_\_\_, have read the above information, instructions, and risks, and I give my consent for the procedure and photography related to the procedure.

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Patient Signature

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Patient Date of Birth

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Date

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Physician Signature

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Witness Signature