

THE HUGHES CENTER FOR AESTHETIC MEDICINE

1765 South Springdale Road

Cherry Hill, NJ 08003

856-751-4554

How does Sclerotherapy work?

Sclerotherapy is the injection of a sterile chemical into a vein. Asclera is an FDA approved agent that can be injected into a vein and it works by damaging the inner wall of the vein. Eventually, the vein collapses on itself. Over time, the damaged vein is replaced with fibrous connective tissue and prevents blood flow through the vessel. Individual results may vary, and many patients will require multiple injection sessions for optimal treatment success.

How to Prepare for Sclerotherapy

Sclerotherapy is NOT a good treatment for those who have:

- A history of vein inflammation (thrombophlebitis), blood clots in the legs, diabetes, arterial or other vascular problems, or leg ulcers
- Pregnancy, (You're advised to wait until at least 6 months after giving birth.) or breastfeeding.
- Undergone radical mastectomy
- A dialysis shunt
- A history of significant trauma to the hands, arms or chest

If it's safe for you to undergo sclerotherapy, you're still asked to follow certain steps before your procedure and after.

Steps before sclerotherapy

Before coming for your procedure, we ask that you:

- Not take Vitamin E or non-steroidal anti-inflammatory medications, such as Advil, Motrin or aspirin for at least 1 week beforehand, unless instructed by your doctor (Tylenol is often a good substitute)
- Do not shave your legs or apply lotion to legs the day of treatment.
- Do not apply self-tanner for at least 1 week before your appointment.
- Consider bringing comfortable shorts to wear during treatment and loose-fitting pants or a long skirt to wear home
- Make sure to have compression stockings ready for use after your procedure. We typically recommend stockings of medium compression (20 to 30mm Hg) that cover the treatment area (knee-high OK if treating below the knee; thigh-high if treating above the knee). You can buy these at a drug store or online prior to your appointment with or without feet, in different colors. **YOU MUST BRING STOCKINGS TO ALL OF YOUR APPOINTMENTS.**

Steps after sclerotherapy

After you leave our center, we ask that you:

- Continuously wear compression stockings for 3 days, except to shower. Medium-weight compression support hose are recommended for daytime wear during the 2-3 weeks following treatment.
- Avoid heavy exercise including but not limited to contact sports, aerobics, and use of leg weights for 10 days or so after treatment. A 30-minute, moderately paced walk is OK.
- Avoid hot tubs, saunas, warm baths, sunbathing for 2 to 3 days, and extended periods of sitting or standing such as long plane flights.
- Encourage 15-20 mins of walking immediately after treatment and continue daily for a few days.
- Visits for additional treatments should be scheduled every 2 weeks and at 6 weeks post-treatment for final follow-up.

Sclerotherapy side effects

While serious complications from sclerotherapy are extremely rare, some side effects may occur:

- Skin may look irritated after the treatment, possibly even with bruises. Irritation and bruises will resolve with time.
- An area of brown colored pigmentation may appear that may look like bruises or follow the path of the vein. May take weeks to months to resolve. It is uncommon for this type of pigmentation to be permanent.
- Tenderness may occur at the injection site and along the vessel, and may persist for a few days.
- Immediately following injection, an allergic reaction (typically a local hive-like reaction) may develop at the site, usually lasting no longer than 30 minutes
- Mild cramping may occur following injection of the ankle or calf
- Scarring is exceedingly rare but may occur if ulceration develops at the injection site
- It can take several weeks to see final results and additional treatments may be required.
- It is important to realize that sclerotherapy does not prevent the development of new spider veins and/or varicosities as an individual continues to age.

Call The Hughes Center for additional questions or concerns (856)751-4554

I (print name) _____ consent that I have received my pre op and post op instructions.
(signature) _____ on (date) _____