

Mazen Hashisho, MD

Vascular, General and Thoracic Surgeon with triple board certification from the American Board of Surgery and American Board of Thoracic Surgery

Sclerotherapy Information Sheet

Please initial after each section

WHAT TO EXPECT:

Photographs will be taken before treatment is initiated. This helps to monitor your progress. Your legs will look worse before they look better. After the vein is damaged the body needs time to heal. Most people will notice a dramatic improvement approximately six weeks after their initial treatment. Maximal improvement often takes several months and several treatments. There is no guarantee sclerotherapy will be effective in every case. Some veins and areas will need to be retreated. Recurrence of the same vein treated rarely occurs with proper injection technique and compliance with post treatment instructions. New varicose veins or “spider” veins may form requiring subsequent treatment. Periodic re-evaluations are encouraged so that any new veins that develop can be injected before they become too large or too numerous. _____

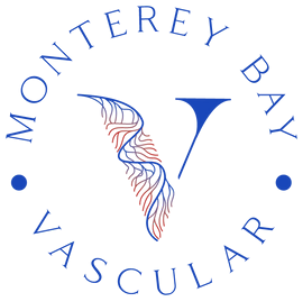
COMMON SIDE EFFECTS:

ITCHING – you may experience itching around the area injected. If this occurs it is usually mild and lasts for one to two days. _____

HYPERPIGMENTATION – a light brown discoloration of the skin may develop along the vein in the area injected. Approximately 20-30% of patients treated note the discoloration, which is lighter and less obvious than the vein being treated. The hyperpigmentation usually fades in a couple weeks, but may take several months to a year to totally resolve. There is a one-percent incidence of hyperpigmentation continuing after one year. A small amount of blood may become trapped and hardened in the vein when injecting varicose veins or some “spider” vein complexes. This may feel like a knot or cord and it may look dark blue or bruised. This is a common occurrence. You may need to return before your next treatment so this area can be drained to remove the trapped blood. This will reduce the hyperpigmentation that can occur. The chance of this occurring can be decreased with proper compression of the vein and use of compression hose after your treatment. _____

TELANGIECTATIC MATTING – the formation of new, fine “spider” veins in the area injected occurs in approximately 10% of patients injected. The exact reason for this occurring is unknown. If untreated, the matting usually resolves in three to twelve months, but very rarely it can be permanent. If the matting does not face it can be re-injected or treated with a laser/light source. _____

PAIN – it is common to have some tenderness at the injection site. Injection of the sclerosing agent can be uncomfortable, but is usually well tolerated by most patients. The discomfort is temporary, lasting one to at most seven days. Acetaminophen (Tylenol) can be used if needed, according to product directions. _____



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BRUISING – may occur at the injection site. Bruising may be minimized by avoiding Aspirin and Ibuprofen products for ten days before and after each treatment session. _____

RARE SIDE EFFECTS:

ULCERATION AT INJECTION SITE – very rarely a small ulcer will occur at the site where the vein is injected. An ulcer can take four to six weeks to completely heal. A small scar may result. _____

ALLERGIC REACTION – There is a very rare incidence of an allergic reaction to the solution injected. You will be observed for such reaction and will be treated appropriately should it occur. Please inform us of any allergic history. _____

PULMONARY EMBOLUS/DEEP VEIN THROMBOSIS – A blood clot to the lungs/a blood clot in the deep vein. In the medical literature there is an extraordinarily low incidence of this complication. _____

ALTERNATIVES TO SCLEROTHERAPY:

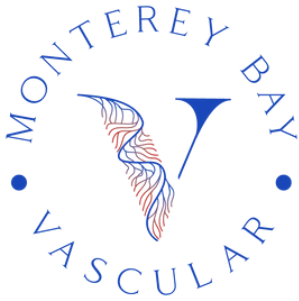
You may choose no therapy. The existing varicose and “spider” veins may progress and new veins may form. You should be re-evaluated periodically to monitor your condition for changes.

You may choose to only wear compression support hose (if this is an appropriate treatment for your problem). Compression hose promote venous blood return to the heart. If support hose are worn faithfully symptoms such as aching, heaviness and tiredness are often alleviated. They also may help prevent the progression and formation of varicose and “spider veins”. _____

SCLEROTHERAPY PRE TREATMENT INSTRUCTIONS:

COMPRESSION HOSE – are required to be worn immediately after each injection treatment or if you have had aspiration of trapped blood from an injected vein. Hose can be purchased from our office or you may request a prescription to purchase at a pharmacy or medical supply store. We use pantyhose style hose with 20 to 30mm Hg compression. You cannot be injected without your compression hose. The hose must be worn continuously for 24 hours after your treatment. Then they may be removed and worn daily, during the waking hours, for 7 more days. Your doctor may adjust the length of time to wear your hose. The compression hose are critical to the success of the treatment. _____

LEG PREPARATION – do not apply oil, lotion, or powder to your legs the night before or the day of your injections. _____



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CLOTHING – bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes to accommodate the cotton balls, tape, and hose after your treatment. _____

MEDICATIONS – discontinue Aspirin (Bufferin, Anacin, etc.) and Ibuprofen (Motrin, Advil, Aleve, etc.) for 10 days before and after injections to reduce bruising. Acetaminophen (Tylenol) is allowed. _____

TIME ALLOTMENT – a sclerotherapy treatment should last approximately 30 minutes. You should arrive 10-15 minutes early for your first sclerotherapy treatment to allow time for photographs and to sign your consents. You should then allow 15-30 additional minutes to apply your support hose, get dressed, and to check out of the office. If you need to cancel or reschedule your sclerotherapy treatment, please give our office at least a 72 hour notice. _____

PHOTOGRAPHS – photographs will be taken before your first treatment to document progress and/or for the purpose of medical education, research, scientific publication or educational presentations. You will not be identified in your photographs and informed consent will be obtained before you are photographed. _____

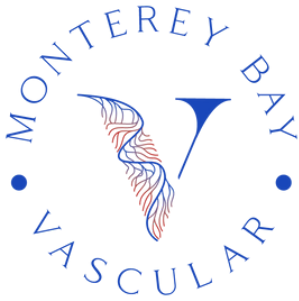
SCLEROTHERAPY POST TREATMENT INSTRUCTIONS:

COMPRESSION – Compression hose are applied after your treatment. Before standing, you will put on your compression hose. Proper compression is very important because it minimizes the blood re-entering the injected vein, decreases the incidence of post sclerotherapy hyperpigmentation and telangiectatic matting and improves venous blood flow. After the first 24 hours, you may remove your hose and shower or bathe in warm water. Wear your hose for 7 days, during the waking hours. If larger varicose veins are injected, you may be advised by your doctor to wear them for two to three weeks. _____

BATHING – a shower is allowed after the first 24 hours. Hot baths, hot tubs, and saunas should be avoided for two weeks after sclerotherapy to avoid venous dilatation.

HYPERPIGMENTATION – if you develop hyperpigmentation after sclerotherapy you should apply sun block to those areas when sun exposure is anticipated to avoid increasing the hyperpigmentation. Continue to use sun block until the hyperpigmentation has resolved. _____

DRIVING – you may drive immediately after your treatment. If your trip home is longer than an hour we recommend you stop hourly to stretch your legs. _____



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ACTIVITY – in most cases, you may return to work and resume normal activity after treatment. Please take a 15- minute walk immediately following your treatment. This will help circulate the solution that was injected. Walking is encouraged; it promotes efficient venous circulation. Avoid sitting and standing for extended periods and elevate your leg(s) above the level of your heart when possible for the next two to three days. If large varicose veins were injected, your doctor may recommend you stay off your feet with your leg(s) elevated for the rest of the day. Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups for one to two weeks after each injection treatment. _____

MEDICATIONS – do not use Aspirin or Ibuprofen products for ten days after each treatment to reduce bruising. Acetaminophen (Tylenol) can be used if you experience any discomfort from sclerotherapy.

FOLLOW-UP – subsequent treatments are usually six weeks from the prior injections. Your doctor will advise you when you should return. If you notice dark knots or cords at your injection sites please call our office; you may need to return sooner to have these areas aspirated. Remember it is important to call our office if you have any questions or concerns before or after your sclerotherapy treatment. Please keep your follow up appointment after treatment. It is important for the physician to assess the results you achieved from each treatment. If you need to cancel or reschedule your sclerotherapy treatment or follow up appointment, please give our office at least a 72 hour notice. _____

***Bring your support hose and shorts to all future appointments in case you receive another sclerotherapy treatment.**