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SCLEROTHERAPY INFORMATION

The Disease

1. Varicose veins are permanently dilated veins through which blood circulates with difficulty or not at all.
2. **What causes varicose veins?** The major cause is heredity. Pregnancies, heat, and standing or sitting for lengthy periods of time are predisposing factors.
3. **Varicose Veins – An Evolving Disease:** Patients who suffer from venous disorders should be aware that only a continuing treatment can control the evolution of the disease.

Before the Treatment Recommendations

1. Do not apply oil or cream the day of your treatment because the bandages will not stick properly.
2. Do not shave your legs within 24 hours of your treatment.

Sclerotherapy Side Effects

1. **Ecchymoses (bruises)** may be either small or very large. They occur frequently during the treatment, are not dangerous, and disappear within 3-4 weeks following treatment.
2. **Tiny red spots** may be caused by the injection of small varicosities; they disappear within 3 weeks.
3. **Tender red cords.** This is not phlebitis! This occurs occasionally and is only a slight inflammation, which can be reduced by brisk walking and applying warm compresses. Do not hesitate to call us if you are worried.
4. **Staining of the skin.** In rare instances, the skin remains a darker color in some areas and takes longer to regain its color. It is always important, mainly after the first treatment, to return for a check up. If an area has overreacted, your prompt return can result in treatment and non-reoccurrence.
5. If you develop a **lump or bumpy feeling under the skin** when you receive injections, or if the area becomes tender, apply a warm, moist compress to the site. You may apply this compress every 2-3 hours for 10-15 minutes at a time. TO MAKE A WARM MOIST COMPRESS: Wet a washcloth or small towel with warm water. Wring out and wrap in plastic wrap.
6. **Small telangiectasia (spider veins)** may appear after injections of large veins. The majority will disappear after 4-6 weeks and the remaining can be treated afterwards.
7. Injections in the areas of the knees, ankles, and feet may cause **edema (swelling)**. Elevate legs to reduce swelling if this occurs. This problem, however, rapidly disappears.

After Treatment Recommendations

1. Pain tends to diminish and the cosmetic appearance of the legs improves after 3-4 treatments.
2. A follow up office visit is highly recommended after the first treatment, to safeguard against any complication.
3. Do not take hot baths, whirlpools or massages following the treatment.
4. Do not expose the treated areas to the sun. If you must, use a sunscreen with an SPF 30 or higher.
5. Leave bandages on legs for a minimum of 48 hours and remove before going to bed.
6. Wear elastic stockings that you put on before getting out of bed, particularly for work if you stand or sit for prolonged periods of time. Elastic stockings can be worn between treatments to compress the lower extremities, thus control leg swelling and help prevent new varicose veins.
7. Exercise recommendations include walking one mile per day or bicycling after your treatment.
8. Should you have to work standing, lift your heels frequently or move your toes inside your shoes to activate circulation.
9. When working in a standing position, wear shoes with 1" – 2" heels. High heels impair venous pump of the legs.
10. Do not wear girdles; they impair circulation.
11. Make an appointment every six months to check for new varicose veins that can appear.
12. Do not hesitate to call our office if you have any further questions regarding the sclerotherapy treatment.