



## **SCLEROTHERAPY**

Sclerotherapy is the most common treatment for spider veins on the legs. These spider veins, or telangiectasias, are diseased, but carry blood within them. During treatment, a sclerosing agent, Polidocanol, is injected into the vein or capillary. This chemical irritates the inside walls of the vessel, causing it to collapse and seal. The body then reabsorbs the vein, and blood is immediately re-routed to a healthy vein.

### **Procedure**

The treatment is performed in a comfortable room with the use of a special magnifying glass. Although we use a very small needle, the injections feel like a pinprick. Once the veins are injected, the treated areas take on a reddish discoloration, and will appear irritated for a few days. This is normal. Properly treated veins eventually disappear.

Typically, a single sclerotherapy treatment session lasts 30 minutes, and our goal is to treat as many veins as it is possible during that session; most patients have a lot of veins of varying sizes and locations and require multiple treatment sessions. The number of treatment sessions varies, depending on the number of veins injected, your response to each treatment session, and the level of cosmetic perfection desired.

### **Post procedure**

Normal daily activities can be resumed immediately after treatment. We will apply a compression stocking immediately after treatment and we recommend the continued use of compression stockings for 1-3 days after the treatment (you may remove the stockings at night if you need a break). We recommend 4-5 weeks between each sclerotherapy session for best results. You may resume strenuous activities the following day.

### **Preparation**

- The day of your sclerotherapy session, shower and wash your legs thoroughly.
- **Please, do not** apply any cream or lotion to your legs.
- To avoid discomfort, do not shave your legs on the day of your appointment.

### **Things to avoid**

- Please avoid sunbathing or prolonged sun exposure for the first 2-3 days after your treatment

### **Keep in mind**

- We use a chemical solution that you might react against. If you have significant itching or pain at the site of the injection let us know.
- About 10% of patients develop darkened discoloration within the treated veins, please let us know. We might need to see you and evaluate you
- Treated areas may temporarily be bruised, tender, slightly red, and swollen. You may apply ICE directly over the site for comfort.