

## Sclerotherapy 101

**Definition: sclero (to sclerose or scar) therapy (as in treatment or remedy)**

Dr. Magnant and the staff of Vein Specialists want your sclerotherapy results to be the best possible and we want to make sure you have a good understanding of what to expect before, during, and after your injections. First of all you have likely had your spiders or blue or purple veins for many years, so it may take some time for the results to take effect. The larger and more superficial the vein, the longer it generally takes to resolve. The medicine Dr. Magnant uses will be either polidocanol (Asclera) or glycerin and xylocaine, depending on the size of the veins being treated. You may have some of each solution if you have a combination of thread like veins and larger clusters of veins. He also may use a foam solution of polidocanol in some cases. He does not use hypertonic saline. Dr. Magnant has injected thousands of patients with every conceivable type of vein. His technique is gentle, sterile, efficient (covers a lot of territory per session) and his goal is for each patient to be pleased with the end result. He has quoted you the number of charged sessions that will be required and this is your responsibility. He will provide you with a touchup session for your spider veins depending on the progress over the course of your treatment. This is his way of offering a "Guarantee" of your satisfaction. Typically each leg will be treated with a full session of injections 1-2 weeks apart. Any additional full sessions or touch ups will be done at 4-6 week intervals to allow the treated veins to start reabsorbing in the interim. Read the consent form carefully. This is not magic or an eraser technique. Some veins may take up to one year to resolve and in 5% of patients, there may be permanent discoloration over some of the treated veins (although even this is generally much less noticeable than the original varicose or spider veins).

### **In anticipation of your sclerotherapy:**

If you bruise easily, ask about Arnica on the day you schedule your appointment. This is an oral homeopathic medicine which reduces bruising. Please do not use lotion on the legs on the day of sclerotherapy and try to wash off all self tanners.

**Bring your prescription compression hose with you to each and every sclerotherapy appointment.**

**Both hose every time please.** If you forget them at home, you will need to purchase another inexpensive pair to put on immediately after the injections.

Dr. Magnant uses vocal anesthesia (talks you through it) and very gentle technique. The needle is very small, but you may experience slight burning after your injections. This will resolve before you leave the office in most patients. Mild itching or aching on the night of your injections can be treated with Ibuprofen or Tylenol.

## **After your sclerotherapy:**

- Compression stockings should be worn continuously for the first 72 hours following your injections (you make take them off to shower) and during your waking hours for a minimum of 7 – 10 days following this 72 hour period. The more you wear them early on, the better you are going to do. It's all about your results.
- Avoid direct efforts at sunbathing for two weeks following your injections to reduce the risk of further discoloration. You can be exposed to the sun indirectly as in walking, playing golf, or tennis.
- Avoid saunas, hot tubs, heating pads, or any extreme heat on the skin of the treated leg(s) for one week following your injections. This may cause your capillaries to open up and reduce the effectiveness of the injections.
- Avoid strenuous exercise, heavy lifting, or straining for 3-5 days following sclerotherapy. The increase in abdominal pressure will increase the pressure inside your veins and can reduce the effectiveness of the injections (no serious work outs for one week).
- Walking and mild forms of exercise activity are acceptable, but it is important to wear your compression stockings during these activities.
- Improvement following injection sclerotherapy is a gradual process and may take up to 12 weeks or more to see maximum changes in the injected areas.
- It may be necessary for Dr. Magnant to prick some of the veins with a small needle in the months following your injections to drain the old blood and enhance your result.

If you have any questions about your injections before your scheduled session please ask us to clarify. If you have questions during the course of your treatments, please don't feel bad or bashful about asking then either. Our goal is to give you the legs you have been hoping for and to this end Dr. Magnant is committed to working his best to completely satisfy you.