

THE PEARL

DERMATOLOGY

Sclerotherapy

Sclerotherapy is used for the treatment of varicose veins, blue/green reticular veins, and spider veins on the legs. At The Pearl Dermatology we use Asclera (polidocanol), an FDA (Food and Drug Administration) approved sclerosing agent that has been shown to be less painful and more comfortable than hypertonic saline. The Asclera is injected as a solution and a foam, depending on the type of vein your healthcare provider is treating. To get the best results from sclerotherapy, most patients require a series of treatments with anywhere from 3 to 6 treatments, 8 weeks apart.

Pre-Treatment Instructions

1. Avoid applying moisturizer and shaving your legs for 24 hours before your treatment. This can cause some irritation during your treatment.
2. Avoid blood thinners, such as aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin, Advil) and naproxen (Aleve) for two weeks prior to your treatment to minimize bruising. Do not stop these medications if they are medically necessary. Tylenol is OK to take.

Treatment Day

1. Prior to your first treatment, please come about 15 minutes early to your appointment so that we can take photographs of the area.
2. Topical numbing cream and use of the laughing gas (PRONOX) is not recommended for this treatment.
3. If possible, bring a pair of comfortable shorts to wear during your treatment. We also have disposable shorts in our office if you need them.
4. You may bring your own pair of compression stockings with you to wear after your treatment. We recommend a pair that are thigh high and provide 30-40 mmHg compression. We offer the JOBST Ultra sheer compression stockings in Natural.

Post-Treatment Instructions

1. Avoid strenuous exercise for 48 hours (about 2 days) after your treatment. We recommend daily 30-minute walks to promote blood flow and to minimize the risk of blood clots.
2. **Wear your compression stockings for 24 hours for 1 full week. This has been shown to improve results and decrease side effects.**
3. Avoid excess heat on your legs such as hot baths/showers for at least a week. When showering, leave your compression stockings on, use lukewarm water to avoid dilating the blood vessels. To dry your stockings after a shower, blow dry on medium heat or air dry while on your legs.
4. Avoid prolonged sitting for 3-5 days after your treatment.

Possible Risks & Complications

Bruising and tenderness may occur, but it is mild and temporary. You may take over-the-counter pain medications, like Tylenol for any discomfort. Risks include itching, blistering, an allergic reaction, and discomfort. Please call our office to notify us if you experience swelling, bleeding, or severe pain. Ulcerations are a rare side effect of this procedure. Hyperpigmentation may occur over treated blood vessels. This is usually temporary and resolves over time. Small coagulants can form in larger reticular veins and may need to be drained. Although uncommon, any procedure that punctures or breaks the surface of the skin carries a risk of a secondary infection.