

# Sclerotherapy

## *PRE-Sclerotherapy Treatment Instructions for Spider Veins*

To achieve the most benefit from your sclerotherapy session, it is important to follow these simple steps:

- Arrive at least 15 minutes before your scheduled appointment.
- Wear or bring shorts for the treatment session.
- No aspirin, Ibuprofen or arthritis medications for at least 48 hours before treatment.
- No alcoholic beverages for 48 hours before treatment.
- Do not use lotions, creams or oils on your legs the day of treatment.
- Do not shave your legs on the day of treatment.
- Shower using antibacterial soap on the day of treatment.
- Eat a light meal or drink juice at least 1 hour before treatment.
- Bring Tylenol to clinic to take before or immediately after treatment.
- Bring loose fitting shorts or a leotard to wear during the treatment and long skirt or long loose fitting slacks to wear after the treatment.
- Try on prescribed compression stockings at home for fit and familiarity. Bring prescribed compression stockings to each treatment session because you will need to put these on when the treatment is done. *Your sclerotherapy session may have to be rescheduled if you forget your compression stockings.*

If you need to cancel a session, please call MARTIN DERMATOLOGY at (561) 368-1130 as soon as possible or at least 24 hours before your appointment. If you are late for a session, it may have to be rescheduled. Please notify Dr. Martin if you think you are pregnant.

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## ***Post-Sclerotherapy Treatment Instructions for Spider Veins***

### **Immediately after procedure:**

- e Expect to have minimal to mild pain, bruising, cramping and swelling for the first 24 hours after therapy.**

### Day 1 to 3 (two days):

- a Wear prescribed compression stockings for a continuous 72 hours after procedure.
- e Leave all taped gauze in place for 72 hours after procedure.
- e Take over-the-counter Tylenol per directions as needed for discomfort.
- e NO Motrin or Aspirin.
- e Take over-the-counter Benadryl per directions as needed for itching.
- e Use ice packs for especially sore areas.
- e Elevate legs for added pain relief.
- e Resume normal diet and medications.
- e Resume normal daily activities, but avoid strenuous activities such as high impact aerobics, running, or weight lifting.
- e Walk at least 1 hour per day.
- e No hot baths or hot tubs. Coolish Shower with your stockings or take a sponge bath.
- e Notify Dr. Martin at (561) 368-1130 for increasing pain, persistent itching or rash, progressive areas of redness, warmth or drainage, fever, swelling, persistent bleeding, lump formations, shortness of breath, chest pains, or leg numbness.

### **Day 3 to 2 weeks:**

- e Treated areas will be red-purple in color, with some bruising.
- e Remove prescribed compression stockings and all bandages on day 3.
- e Wear compression stockings during day hours for the next 14 days (put on in the morning and take off before going to bed).
- e Use a triple antibiotic ointment per package instructions on any sores or tape blisters.
- e You may shower with stockings off, but continue to avoid hot baths and hot tubs.

Resume normal athletic activities as tolerated.

## **Sodium Tetradecyl Sulfate (STS) FOR LEG VEINS FACT SHEET**

- i A sclerosing solution
- a A detergent solution (the three categories of sclerosing agents are: detergent, osmotic, or chemical)
- a Brands are Sotradecol and Fibro-Vein

### **Mechanism of action of Sodium Tetradecyl Sulfate**

- i Endothelial damage is dependent on concentration
- a Occurs immediately after injection
- a Results in rapid thrombus formation
- a Ideal concentrations depend on vessel diameter, rate of blood flow, and anatomic region.

### **Medication History**

(May affect the outcome of sclerotherapy)

- a Aspirin
- a Vitamin E/Gingko/St. John's Wort
- a Anticoagulants
- a NSAIDS, ie., Motrin, Aleve, Advil, ibuprofen
- a Corticosteroids
- a Hormones (Estrogen can cause Post Inflammatory Hyperpigmentation)
- a Use of birth control pills
- a Minocycline
- a Iron (Avoid Iron one month before and after treatments if possible)

### **Relative Contraindications**

- i Acute Superficial Thrombophlebitis (how long ago)
- a Severe Obesity
- a Elderly
- a Non Insulin Dependent Diabetes Mellitus

### **Absolute Contraindications**

- i Pregnancy
- a Advanced Collagen Vascular Disease
- a Crippling Osteoarthritis - inability to walk

- a Acute deep venous thrombophlebitis (DVT)
- a Acute febrile illness
- a Anticoagulant therapy
- a Severe Bronchial Asthma (how bad, last episode, last hospitalization?)
- a Debilitated Individuals
- a **Insulin Dependent Diabetes Mellitus**
- e Oral Steroid treatment currently
- a Disulfiram (antabuse) - should not use POL or Sclerodex since these solutions contain ethyl alcohol
- a Tamoxifen - may cause extensive superficial phlebitis

**MARTIN DERMATOLOGY**  
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