

## CONSENT FOR SCLEROTHERAPY

**Procedure:** Sclerotherapy is a popular, well-proven method for treating small superficial leg veins in an effort to make them disappear. A sclerosing solution is one which, when injected into a small vein, causes it to become inflamed and eventually obliterates and destroys it. The number of treatments necessary to clear or improve the condition differs with each patient and depends on the extent of spider veins present. One to six or more treatments may be needed, but the average is three or four. Treatments are administered at 6-8 week intervals or longer.

**Benefits:** The majority of patients who have sclerotherapy will see improvement. Unfortunately, it is not guaranteed to be effective in every case. Some veins, in spite of the best efforts of your physician, do not disappear. In very rare cases, the condition may worsen after sclerotherapy.

**Risks:** Individuals undergoing cosmetic procedures and treatments must be aware that no medication, device, or procedure is risk-free, and potential benefits and risks must be weighed before undergoing any treatment. Sclerotherapy is no different, although complications are infrequent and usually minor.

### COMMON SIDE EFFECTS FROM TREATMENT WITH SCLEROTHERAPY:

Although a very small needle is used, injection-related reactions are normal and can be expected: These include but are not limited to:

- **Pain or discomfort:** Commonly, patients feel a cramping sensation or discomfort along the vein route and beyond with each injection lasting 20-30 seconds. There is usually no pain after treatment.
- **Bruising, swelling, redness, itching, and visible needle marks:** These reactions generally lessen or disappear within the first week after treatment but can persist longer in some individuals. To minimize these reactions, avoid aspirin, non-steroidal anti-inflammatory drugs such as ibuprofen, Motrin, Advil, Aleve, Midol, vitamin E, garlic, ginkgo biloba, and other blood-thinning medications for 2 weeks prior to and for several days after your procedure.
- **Skin darkening (hyperpigmentation):** Darkening of the skin can occur in the treated areas and will usually fade within weeks to months, but in rare instances can be permanent. This reaction is more common in patients who are suntanned or who have olive or darker skin tones. It can result or worsen when treated areas are exposed to the sun. Careful adherence to postoperative instructions will help to minimize this risk.
- **Ankle swelling:** Swelling of the ankle may occur after treatment of blood vessels in the foot or ankle. It usually resolves in a few days and is lessened by wearing prescribed support stockings.

### COMPLICATIONS: The following adverse events are uncommon and cannot be predicted.

- **Skin ulceration:** Rarely, a small skin ulcer may develop at the injection site that heals slowly over 1 to 2 months. The healed area may leave a permanently discolored or depressed scar.
- **Phlebitis:** Very rarely, a treated vein may become inflamed causing mild persistent discomfort. This may require further treatment to alleviate the symptoms.
- **Matting:** Uncommonly, some patients may develop tiny pink vessels called "matting." This is usually of no consequence and commonly disappears without treatment within 2-6 months.
- **Allergic reactions:** In unusual circumstances, a patient may have an allergic reaction to the sclerosing agent used. The risk of an allergic reaction is greater in patients with a history of asthma or allergies. An extremely rare severe anaphylactic reaction may result and could be life threatening.

**PREGNANCY AND NURSING MOTHERS:** It is not recommended that pregnant women or nursing mothers receive treatment with sclerotherapy.

**CONTRAINDICATIONS:** Patients who have had deep vein phlebitis, blood clots or pulmonary emboli are not candidates for sclerotherapy treatment. Women on birth control pills should not receive treatment unless the pills are discontinued for 2 weeks before and for 2 weeks after receiving treatment. Low dose hormone replacement therapy is permitted.

**ALTERNATIVES:** Sclerotherapy is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Other alternative treatments, which vary in side effects, indications, duration and results, include graduated compression stockings, laser surgery, surgical procedures such as vein stripping and ligation for large varicose veins, ambulatory phlebectomy, radiofrequency ablation, and endovenous laser therapy.

	PLEASE INITIAL
I have read and understand this consent form.	
I have had the opportunity to ask questions.	
My questions have been answered to my satisfaction.	
I understand the nature of the procedure, alternatives to treatment and why this treatment has been recommended.	
I understand the risks of the procedure as outlined above.	
I understand that it is impossible to predict how I will respond to sclerotherapy and that no guarantees have been made regarding my response to treatment.	
I certify that I am not pregnant, trying to become pregnant, breastfeeding, or on oral contraceptives and I accept the responsibility for making these determinations.	
Consent for Photography: For the purpose of documenting my progress and response to treatment, I give permission to take photographs.	

**COST AND PAYMENT POLICY:** Since sclerotherapy is considered cosmetic, you will be responsible for the cost of treatment. Full payment is due at the time of service. Unfortunately, credit cannot be extended. Please discuss the estimated cost of treatment prior to undergoing the procedure. If you have any questions, please make sure they are answered to your satisfaction.

**ESTIMATED COST OF TREATMENT:** \_\_\_\_\_

I certify that I have read and understand the contents of this consent form before signing my name below. I hereby freely consent to treatment with sclerotherapy.

X \_\_\_\_\_ X \_\_\_\_\_  
Signature of patient or legal guardian Date

Witness: \_\_\_\_\_ MD Signature: \_\_\_\_\_ Date: \_\_\_\_\_