

# GREENSBORO DERMATOLOGY ASSOCIATES, PA

## Patient Information

### SCLEROTHERAPY

**What to expect:** You will have dark blue, red, and/or black "bruised" areas at all treated sites. These dark areas will most likely persist for 3-4 weeks. Areas may be red and swollen for at least 48 hours. We may give you a topical cortisone cream to apply twice a day to these swollen areas - this will help with the local swelling and decrease itching. You also may have mild cramping in your legs. You may have small scabs at areas where the needle was inserted. You may develop small ulcerations in areas with larger veins. If you develop a large ulceration or feel that an area is getting infected (red, warm to the touch, and/or extremely painful), you need to call the office (336-954-7546) to let us know. Your legs will look worse before they get better. Please be aware that sclerotherapy can cause hyperpigmentation (darkness on the skin) and matting (formation of smaller blood vessels around larger treated ones). If hyperpigmentation and/or matting occur, it will improve with time. It may take up to a year for some dark areas to completely fade.

**Support hose:** You will need to wear your full-length, medical-strength support hose for 2 weeks following your sclerotherapy sessions. This will promote healing. Wear the hose during the day. You do not need to sleep in them. You can get lightweight support hose (10-15mm Hg) or higher strength (20-40mm Hg). We will make recommendations.

**Exercise:** We recommend walking for the next 2 weeks as your legs heal. This will help mobilize the blood flow in your legs and help with overall results. You can also perform other low-impact activities, such as bike riding. Do not perform any high-impact or "pounding" activities, such as jogging or aerobics. Do not lift heavy weights or do squatting exercises. These activities can put pressure on the lower extremities and your veins may not do as well.

**Sun:** You need to keep your legs out of the sun for a minimum of 6 weeks after you have had sclerotherapy. The sun's ultraviolet rays can cause the dark areas on your legs to remain dark permanently or for longer periods of time. After 6 weeks, it is necessary to wear sunscreen (minimum SPF 30) when your legs are exposed. We want to minimize any long-term hyperpigmentation.

**Bathing:** We recommend showers, not baths, during the next 2 weeks. Soaking in hot water can cause blood vessels to dilate and therefore may affect the outcome of your sclerotherapy.

**Another session:** It often takes 2-3 sclerotherapy sessions for your veins to completely resolve. We recommend waiting a minimum of 8 weeks between sessions so we can best determine what areas need additional treatment. Also, sclerotherapy does not prevent new spider veins from developing. We can only treat what is currently visible.

**Cancellation Policy:**

Recently we have had a problem in our scheduling of sclerotherapy patients. As you know, for the full session of sclerotherapy we allot a 30-minute appointment which includes a 20-minute treatment time, as well as time for preparation and clean up. On numerous occasions in the past few months, we have had patients either not show up for their appointment or call immediately prior to their appointment to cancel. This leaves us with 30 minutes of unproductive time in our office. It is also unfair to the patients who must wait weeks to be scheduled for a new patient appointment.

We request that if you must can a sclerotherapy appointment, you do so 48 hours or more prior to the appointment. If you fail to cancel prior to 24 hours before the appointment you will be charged \$75.00 for an office visit. If you do not cancel at all and fail to show-up for a sclerotherapy appointment you will be charged half the full price of a sclerotherapy appointment. Although we regret having to take this action, we are forced to do so due to high overhead costs as well as in fairness to other patients who wait for appointments. If you have any questions about this policy, we will be glad to discuss it with you at your next appointment.