



**KAISER PERMANENTE**  
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**DERMATOLOGY DEPARTMENT**  
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## SCLEROTHERAPY INSTRUCTIONS AND CONSENT FORM

In preparation for sclerotherapy of your leg veins, we would like you to be fully aware of what this treatment entails. Please understand that it is important for you to prepare for each session and follow all post treatment instructions in order for your treatment to succeed. Attached is a take home instruction flyer for your preparation. You may be asked to wear support hose after your leg veins are injected. We recommend either **JOBST** or **SIGVARIS** stockings, both of which are available at:

|                                |    |   |
|--------------------------------|----|---|
| <b>BISCHOFF'S MEDICAL MART</b> | or | <b>SANTA CLARA OSTOMY &amp; MEDICAL</b> |
| 225 N. Bascom Avenue           |    | 2455 Forest Avenue                      |
| (408) 286-6651                 |    | (408) 296-7890                          |

Your first appointment will be to evaluate your leg vein problems medically, discuss your particular needs and concerns, and share with you some of the treatment-associated risks, all so that we will be ready to go on your first treatment visit. Each visit will take approximately 20 minutes. If in evaluating your legs, we determine significant large vein incompetence, we may first refer you to our general surgeons who will evaluate and treat the larger veins first. You should not have any form of sclerotherapy when you are pregnant or for two to six months after your delivery. Also, it is very important that you not use moisturizing lotions on your legs before treatment or the pressure bandages will not stick.

The following are problems encountered with sclerotherapy. Please understand that our intent is to minimize the occurrence of these, but they do happen. Most, if not all, will resolve with time:

**PLEASE INITIAL AND SIGN AS INDICATED BELOW:**

**HYPERPIGMENTATION:** This is very common and is due to some leakage of individual red cells through the vein walls when sclerotherapy irritates the lining of the wall. Use of compression stockings may help to minimize this. This pigmentation is similar to a bruise and will resolve over time.

\_\_\_\_\_ (initial)

**ANKLE AND FOOT SWELLING:** This is transient and will be minimized with the use of support hose and rapid ambulation.

\_\_\_\_\_ (initial)

**TELANGIECTATIC MATTING:** Often when the deeper, bluer vein is sclerosed, there is a temporary appearance of fine, starburst surface vessels in the treatment area. These appear most frequently with pregnancy, current use of birth control pills (BCP) and with obesity. In general, the lower the dose of your BCP, the less likely this will happen.

\_\_\_\_\_ (initial)

**PAIN:** Usually minimal, but obviously since sclerotherapy is designed to irritate the lining of the vein walls, there may be some discomfort during the treatment. If there is extreme pain, inform your doctor immediately and he/she will stop.

\_\_\_\_\_ (initial)

(over)

**URTICARIA/HIVES:** This is very common near or around the treatment areas and will subside over a day or two. If it is very apparent or more severe than usual, your doctor may rub the area with a medicated ointment after the procedure. \_\_\_\_\_ (initial)

**BLISTERS AND PIMPLES:** These are not due to the sclerotherapy, but are from the tape and dressings, which may be applied for additional compression. Please call if these are significant, but in general, gentle cleansing with soap and water and leaving the area dry will help these clear up. \_\_\_\_\_ (initial)

**APPEARANCE OF NEW VEINS:** The venous system of your legs is dynamic or constantly changing. The blood has to go somewhere, so over time, new veins will appear. You can make additional appointments when you have enough new veins to treat. If your initial evaluation determines involvement of significant large and deep veins, we may encourage a visit with one of our general surgeons to evaluate you for either vein stripping or more aggressive sclerotherapy in their department prior to our treating the skin-deep veins. The use of compression stockings significantly helps to minimize the appearance of new veins. \_\_\_\_\_ (initial)

**FAINTING, DIFFICULTY BREATHING, GENERALIZED HIVES:** These are rare, but please let your doctor know if you are feeling faint, notice any shortness of breath or start to itch all over during your treatment. \_\_\_\_\_ (initial)

True long term complications such as permanent damage to the skin, a blood clot developing in your deep vein or a clot going to your lungs, are extremely rare. \_\_\_\_\_ (initial)

**I have read the above and have had the opportunity to ask for clarification of these precautions for my complete understanding of the procedure. All of my questions have been answered. I am voluntarily participating in these sclerotherapy sessions and have the right to stop treatments at any time.**

\_\_\_\_\_  
PATIENT

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
PHYSICIAN