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### **Sclerotherapy Information**

#### **What are spider veins?**

Spider veins or telangiectasias are small veins under the skin usually developing from dilated blood channels most likely connected with underlying larger veins.

#### **What is sclerotherapy?**

Sclerotherapy is a method of treatment for spider veins in which a solution called a sclerosant is injected into the veins to cause eventual closing of the vein making it disappear.

#### **Will sclerotherapy “cure” my spider veins?**

Many patients having sclerotherapy will have significant improvement in their visible spider veins. Rarely (approximately 10%) is there poor results with little or no improvement. Unfortunately there isn't any treatment to decrease your tendency to develop new spider veins with any form of treatment.

#### **How many sessions will I need?**

The number of treatments needed to clear or improve the condition varies from patient to patient. This depends on the extent of varicose or spider veins present. The average number of treatments is 3-4.

#### **What are the possible side effects and or complications of sclerotherapy?**

The most common side effects experienced with sclerotherapy may include:

1. **Hyperpigmentation**- The treated veins may become darker immediately after treatment. It will usually fade in 2-4 weeks, in rare cases it can persist up to 4-12 months or can be permanent.
2. **Matting**- The development of new tiny veins in the treated area, this forms a “mat” of redness. It may occur 2-4 weeks after treatment and will usually fade within 4-6 months.
3. **Trapped blood**- The closing of the treated vein is slow to occur and a small pocket of blood remains as a dark blue clot. This can be removed with a small needle puncture within 2-4 weeks.
4. **Itching**- Mild itching may occur along the treated vein for up to 2 hours after treatment and may persist a day or so.
5. **Ulceration**- In less than 1% of patients receiving sclerotherapy a small blister may form at the injection site, the blister may open and become ulcerated. If this occurs it usually heals within 2 months.
6. **Allergic reaction**- This is very rare and the reaction is usually mild. The patient may form hives or other mild skin reactions.
7. **Pain**- The needle used is very small and minimal discomfort is common during the actual injection. The treated vein may be tender to touch with mild pain. Mild burning or stinging may be experienced immediately following the injection.
8. **Bruising**- Bruising at the injection site is common but usually disappears by 6 weeks.
9. **Phlebitis**- In less than 1% of patients swelling of the vein with pain may occur and may cause the ankles to swell. This is not dangerous and

## **Sclerotherapy Instructions**

### **Pre-treatment**

- Do not use lotion or creams on your legs the night before or the morning of treatment.
- Do not shave your legs the morning of treatment. Please shave 1-2 days prior to treatment.
- Bring loose fitting shorts to wear during the procedure and all follow up visits and treatments.
- Shower prior to the treatment, you will need to wear your compression hose overnight. You will need to purchase and be fitted for your compression hose at a pharmacy that carries them (Del Norte Pharmacy in Santa Fe carries these).
- Avoid aspirin, vitamin E and anti-inflammatory medications 7 days prior to treatment. (Advil, Motrin, Aleve, etc.)
- Review all medications with Dr. Martinez and/or Belinda Mori, CFNP, prior to your treatment.

### **Post-treatment**

- Walk for 20-30 minutes immediately following treatment and daily.
- Bring your compression hose to each treatment.
- We will put on compression hose immediately after treatments. Sleep in them and wear them during the day for 1 week. They should be washed each evening.
- Leave cotton balls and tape in place overnight under hose after treatments. They may be removed the next day. If itching, redness, or swelling occurs remove the tape.
- Maintain normal physical activities with the exception of jogging, high impact aerobics, and any exercise requiring excessive abdominal contraction for 3-4 days.
- Avoid long periods of sitting or standing still.
- Avoid exposure to excess heat like hot baths, Jacuzzis, tanning beds and sunbathing for 7-10 days.
- Warm showers are fine.
- Wear graduated compression hose or socks for long trips, extended periods of standing or sitting or when legs ache even after healing occurs.
- Treated veins always look worse before they look better.
- Please call our office if you have additional questions or concerns 505-988-3772.