

## **Informed Consent: Sclerotherapy**

Sclerotherapy involves the injection of special medication, called a sclerosing agent, directly into your spider or varicose veins using the smallest needles available. The medication is injected into the veins. This causes an irritation of the inner lining of the vein resulting in closure of the vein. A small gauge needle is used to perform the injections and most patients report minimal discomfort. The majority of persons who have had sclerotherapy performed have satisfying results. Unfortunately, there is no guarantee that sclerotherapy will be effective for you. In rare instances, the condition may become worse after sclerotherapy treatment. The number of treatments needed varies from patient to patient, depending on the extent of the problem and your body's response to the injections.

### **Possible Risks and Complications**

*Discomfort:* The sclerosant is pH balanced so should not be painful, but there may be some discomfort. After the procedure, tenderness of the treated veins, commonly called phlebitis, is self-limiting and may take several weeks to resolve.

*Infection:* This is rare. The skin is cleansed with alcohol prior to the procedure and every precaution is taken.

*Allergic reaction:* Very rarely, a patient may have an allergic reaction to the sclerosing agent. The risk of this is greater in patients who have a history of allergies.

*Bruising:* Bruising will resolve over time. We suggest Arnica cream to help with symptoms.

*Itching:* Itching usually lasts less than 60 minutes after the procedure

*Discoloration:* Hyperpigmentation is caused by trapped blood. It is transient in 80% of patients and may be treated with laser if it persists.

*Skin ulceration:* In rare cases, a blister may form, open, and become ulcerated. Healing occurs slowly over a few months. After healing, this may leave a scar.

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*Deep vein thrombosis:* This is a very rare complication.

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There have been instances of lightheadedness, vision changes, heart palpitations, migraine headaches, stroke, death, cardiac toxicity, pulmonary embolism, and transient neurological changes associated with sclerotherapy. These are rare and more common when performed outside licensed indications and with physician compounded foam treatment. There have also been cases involving cutaneous necrosis, limb loss, and other complications.

**Alternatives**

Varicose veins and spider veins are not life-threatening conditions. Treatment is not mandatory. Some patients get adequate relief from symptoms by wearing graduated compression stockings. The other option is to receive no treatment at all.

**Disclosure**

The practice of medicine and surgery is not an exact science. Therefore, reputable practitioners cannot guarantee results. While the overwhelming numbers of patients have noted gratifying results from sclerotherapy, we cannot promise or guarantee any specific results.

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By signing below, I acknowledge that I have read the foregoing information and understand the risks of sclerotherapy, alternative methods of treatment, and the risks of treating my condition. Dr. Cynthia Asbjornsen and/or Alison Scheib PA-C have answered all my questions and I hereby consent to treatment.

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**Patient Name**

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**Patient Signature**

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**Date**