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**8. What can I expect as far as discomfort?**

Your leg may feel achy for the first few days after treatment. Walking regularly will help control the discomfort. You may also take over-the-counter anti-inflammatory medications (ie. Motrin, Advil or Aleve) to minimize the pain. Taking a day off work might be nice, but is not necessary, although you should avoid long periods of sitting or standing for the first few days. You should be able to return to your regular routines immediately, with the exception of high impact aerobic activities and weight training. Remember that you will need to continue wearing your compression hose during the day for at least two weeks

**9. How many treatments will I need?**

You will want to give your first treatment at least four weeks to really assess the results. We will see you in the office about one to two weeks after your first treatment to make sure you are healing well and evacuate any trapped blood which may remain in treated veins. Additional treatment is individual, and the more extensive your vein disease the more treatment you may need to achieve the desired results. Your doctor should be able to give you a general idea what you can expect. In the end it is up to you and your budget how much treatment will meet your needs.

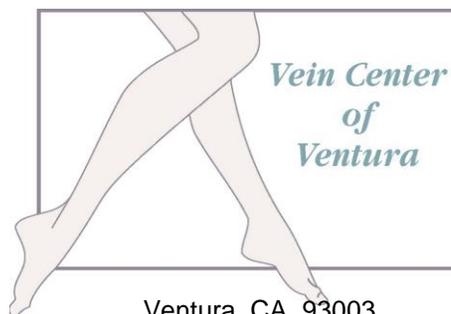
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**Questions and  
Answers About  
Sclerotherapy**

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## Questions and Answers About Sclerotherapy

### **1. Your doctor has recommended sclerotherapy. What do you need to know?**

Sclerotherapy is useful in treating superficial “varicose” and “spider” veins, and may be used as primary therapy, or after laser therapy and/or phlebectomy for more complex vein disease. It involves injecting sclerosant (a detergent-like medication) directly into diseased veins, which causes them to become sclerosed (closed) and then to be reabsorbed by the body. This process takes time to realize the full effect, and requires your cooperation in wearing compression stockings for at least two weeks after treatment, and in maintaining consistent daily walking to aid in venous blood flow and healing.

### **2. Does insurance cover sclerotherapy?**

Most insurance does not cover sclerotherapy. There are exceptions for larger veins causing symptoms such as swelling, pain, and ulcers on the skin. If you think your insurance will cover your sclerotherapy we would be happy to assist you in obtaining authorizations, and filing for reimbursement. Otherwise payment must be made in cash at the time of service.

### **3. What type of medication is used for sclerotherapy?**

We use two medications for sclerotherapy. One is polidocanol, which was initially developed as a local anesthetic. It acts as an irritant to the inner lining of a vein, and causes it to become inflamed, close, and then be reabsorbed by the body.

The other medication we use is Sotradecol, and works in a similar way. Both medicines can be injected directly into superficial veins using a tiny needle. The Medications we use are all F.D.A. approved for sclerotherapy, but the formulations and delivery methods we use are occasionally “off-label” which means the medication or delivery method was not formulated for this specific procedure.

### **4. What is ultrasound guided sclerotherapy?**

Your doctor may wish to use ultrasound guidance to better visualize deeper, and larger veins. These larger veins may contribute to persistent superficial vein disease by feeding their flow. Your doctor will advise you on your individual needs.

### **5. What are compression hose?**

Compression hose are also known as graduated support pressure stockings. They apply gradually decreasing pressure beginning at your ankle and continuing up the leg to the upper thigh. They must be properly fitted, and provide a specific amount of pressure in order to maximize the results of your Sclerotherapy treatments. You will need your hose before your first treatment. For your convenience we can fit you here in our office for thigh high hose. We carry one line of good quality hose, but there are many, and you are welcome to shop around. We also recommend Althea’s in Ventura. They carry a number of brands, and can be especially helpful in harder to fit cases. They are also better able to work with your insurance company if you expect to be able to get coverage for your vein treatment.

### **6. What can I expect from my initial treatment?**

Your doctor will work with you to determine which veins will respond best to treatment, and which veins are of most concern to you. We can usually treat a number of areas on one or both legs in a single treatment session. You can expect some mild discomfort from the needle pricks. Treated veins initially fade from view, but then quickly turn red from the sclerosant. We will sometimes cover needle pricks with small pieces of surgical tape to minimize leaking of medication and halt bleeding. At the conclusion of your treatment we will assist you in putting on your compression hose, and you will wear them continuously for at least 24 hours.

### **7. What will I see when I take my hose off?**

When you remove your hose 24 hours after treatment you may also remove the tapes, and shower normally. You should avoid bathing, hot tubs, or saunas for several days. You will notice redness and bruising the first few days. This is to be expected as the treated veins become inflamed, and leak blood cells into the surrounding skin. Occasionally, blood can become trapped in a treated vein, and will begin to look greenish-yellow, and may feel lumpy. Your body will eventually reabsorb this trapped blood, but, to speed up this process, some of this blood may be evacuated with a needle prick at your follow-up visit to the office.