

JEAN W. GILLON M.D.  
2900 WHIPPLE AVE. SUITE # 200  
REDWOOD CITY, CA 94062  
PHONE (650) 364-3828 FAX (650) 361-1727

## **Informed Consent for Sclerotherapy**

This form is designed to provide you with the information you need to make an informed decision about whether to have sclerotherapy performed. If you have any questions or do not understand any potential risks, do not hesitate to ask us.

### *What is sclerotherapy?*

Sclerotherapy is a popular method of closing down or obliterating spider angiomas and superficial telangiectasias (“spider veins”). A sclerosing agent is injected via a tiny needle into the veins. This injection causes sclerosis or irritation of the lining of the vessel which leads to its closure. Much like resolution of a bruise, this process causes a gradual fading of the treated vessel over a period of several weeks to several months. Despite meticulous technique, often repeated injections are needed to obliterate the vessel.

### *Does sclerotherapy work for everyone?*

The majority of persons who have sclerotherapy performed will be cleared of their spider angiomas or at least see good improvement. Unfortunately, there is no guarantee that sclerotherapy will be effective in every case. Approximately 10% of patients who undergo sclerotherapy have poor to fair results. “Poor results” means that the tiny veins have not totally disappeared after 4 treatments or that they are in fact in rare instances more pronounced in appearance. A “trial” of sclerotherapy where a small area is tested is often offered if there are any concerns.

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

The number of treatments needed to clear or improve the condition differs from patient to patient, depending on the extent of spider veins present. One to six or more treatments may be needed; the average is three to four. Some areas may require one to three treatments.

### *Which medications are used?*

Treatment will involve injection of sclerosant medications into the spider veins. There are now many options besides saline. My preferred solution is polidocanol, now FDA approved over 5 years.

### *What are the most common side effects?*

*Transient bruising:* Occurs in treated areas and lasts from one to several weeks. It may occur in association with tenderness and firmness of the treated vein.

*Hyperpigmentation:* Often described as “staining,” it is usually caused by iron from your own blood being deposited in the skin. It almost always fades away with time, but may take as long as six months to a year fade away. In rare cases, staining may be permanent.

*Ulcers:* An ulcer is a small area of skin breakdown or a sore caused by medicine irritating the skin. This is a rare problem but it can occur with any injection. It will heal up completely, but may leave a small freckle scar. Generally, this will not be noticeable on normal skin.

*Allergic Reaction:* Very rarely, a patient may have an allergic reaction to the sclerosing agent used. Usually this is easily treated with an antihistamine.

*Pain and Inflammation:* A few patients may experience moderate pain and some bruising, usually at the site of the injection. The site may be tender to the touch after treatment, and an uncomfortable sensation may run along the path of the spider veins. This pain is usually temporary, in most cases lasting from one to seven days. Most patients do not require any treatment for inflammation, but any anti-inflammatory medication such as Motrin or Advil may be used. Ankles may swell transiently; sometimes up to 1-2 days.

*Itching:* Mild itching may occur and normally lasts one to two days.

*Blood accumulation within the treated vessel:* Trapped blood may present as a tender bump at a treatment site. This resolves by itself in a few weeks or months, but sometimes a tiny needle may be used to remove trapped blood to speed up the healing at a subsequent visit. This is often referred to as matting.

*Occurrence of a blush:* This may occur in an area after treatment and require injection sclerotherapy itself.

*Recurrence of spider veins:* The areas treated completely will be gone forever, but most patients have a tendency to develop more abnormal spider veins. If there is a bigger problem such as underlying venous reflux then this must be addressed. It is probably best to consider lifelong surveillance as being needed.

## **Fee for Sclerotherapy**

The fee for sclerotherapy is \$400.00 per session/treatment. The number of treatments needed to clear or improve the condition differs from patient to patient. Treatments may vary from one to six or more. The average number of treatments is usually two to four.

Please note that we are no longer billing insurances for this service. Nearly all of them deny coverage or unacceptably delay payment. You are fully responsible for the amount due.

***Important:*** There will be a \$25.00 charge for failure to cancel an appointment within 24 hours.

## **Pre and Post Treatment Instructions for Sclerotherapy**

Sclerotherapy is a technique initially developed and perfected in Europe that has proven effective for the treatment of spider veins.

For optimal results, your vein therapy will be most successful if you follow these instructions:

- Avoid sun exposure. The sun is very damaging to the skin and can cause hyperpigmentation in the treated area. If you are going out in the sun, use an SPF greater than 30.
- Please avoid lotions and moisturizers to the legs for 48 hours before and after the treatment.
- A warm bath is okay, but a hot tub is not advisable for at least 48 hours.
- Walking improves circulation and muscle tone, which will enhance the outcome of your treatment.
- Avoid strenuous exercise or stretching for at least 48 hours to minimize bruising and swelling.

For some patients I recommend light compression following sclerotherapy, but for most I do not find an increased benefit.

Please keep in mind that appointments are usually scheduled at least 3 to 4 weeks apart for follow-up sessions.

## Informed Consent for Sclerotherapy

The risks and benefits of the sclerotherapy treatment have been explained to me in a way that I can understand. I understand that there are no guarantees and that there may be other treatment options, including the option to do nothing. With this in mind, I am choosing to try injection sclerotherapy for treatment of my spider veins.

***Please note that we are no longer billing insurances for this service. Nearly all of them deny coverage or unacceptably delay payment. You are fully responsible for the amount due.***

I have read and understand the document that was given to me to review that included all of the following:

- \*Informed Consent for Sclerotherapy
- \*Fee for Sclerotherapy
- \*Pre and Post Instructions for sclerotherapy

My questions have been addressed and answered to my satisfaction. I understand that I am fully responsible for the amount due.

I understand and accept the terms that were detailed in the packet I reviewed.

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Patient's Name

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Patient's Signature

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Doctor/ Witness Signature

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Date