



## **Information And Consent For Sclerotherapy – Leg Vein Treatment**

Spider veins as they are often referred to occur in both men and women. There is no proven method of preventing these veins, wearing support stockings, maintaining a normal weight, regular exercise and avoiding prolonged standing may help, but once visible, sclerotherapy is an extremely effective treatment to eliminate them. Although these small veins are connected to the larger venous system, they are not an essential part of it.

### **What is sclerotherapy?**

It is a minimally invasive non-surgical method used to treat thread veins in the legs. The process involves a trained clinician injecting a small amount of sclerosing solution directly into the veins with a tiny needle, under polarised magnified light.

### **Is it safe?**

Treatment has been performed for many years, and has an excellent safety profile when carried out by a specialist trained Doctor with experience in this field.

### **How does it work?**

A small needle is inserted into the vein and the solution is slowly injected causing it to empty of blood. The solution irritates the lining of the vessel, causing it to swell and stick together. There appears to be an immediate clearing but the veins will darken as they shrivel and disappear over 6 to 12 weeks

### **Does it hurt?**

The micro injections are almost painless, and despite some redness and swelling after treatment, recovery is quick and painless. Some patients may experience a mild burning sensation during the injection and itching of the skin following treatment.

### **What can be expected following treatment?**

The veins will appear darker and inflamed after treatment, and may take up to 12 weeks to completely resolve. After one treatment you can expect a 60% improvement in the cosmetic appearance, but several treatments may be required for extensive areas.

### **Possible side effects**

Following injections the skin will be inflamed and may be tender or itchy for a few days. As a result of the inflammation patients can have hyper pigmentation staining which may resolve spontaneously or be treated using intense pulsed light technology.

Most of the side effects are minor, but very rarely a small breakdown in the skin may occur which may take several weeks to resolve. If you have unexpected pain following treatment please contact the clinic.

**Who is not suitable?**

This treatment would not be suitable for large varicose veins. It would not be used during pregnancy or breast feeding, in patients with uncontrolled diabetes, immobile patients, or where there is local skin irritation. If you are taking Minocycline tablets or similar antibiotics, you may not be suitable for treatment. Similarly aspirin or other anti-inflammatory medication can cause excessive bruising and we may ask you to stop medication immediately before and after treatment.

**Care following treatment**

It is advised to keep mobile following treatment, and wear support tights for 3 days and nights. Heavy exercise should be avoided for the first 3 days. Saunas, Jacuzzis and hot baths should also be avoided. Aspirin and Ibuprofen should not be taken immediately before or after treatment as this may cause increased bruising.

Repeat treatments can be carried out every six weeks until the desired results have been achieved.

Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner"

**Consent**

I confirm that I have been fully informed about the procedure and my questions have been answered. I understand the exclusions for treatment, and have advised the doctor of any changes to my medical history. I am fully aware of the possible risks and side effects and give my permission for the treatment to be performed.

**I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating doctor and consent to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological wellbeing.**

**Patient Name.....**

**Patient Signature.....**

**Doctor Signature.....**

**Date Of Treatment.....**

**EMERGENCY CONTACT DETAILS**

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr. John Curran on one of the following numbers:

Guernsey Clinic 01481 736699 (Mon-Fri 08.00 to 17.30)

Dr. Curran's Mobile 07781-165797