

# **Informed Consent for Sclerotherapy**

## **What is Sclerotherapy?**

Sclerotherapy is a very popular method of eliminating spider veins in which a solution, called a sclerosing agent, is injected into the veins. This causes an irritation to 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 relate the discomfort to an ant bite. The majority of persons who have Sclerotherapy performed have satisfying results. Unfortunately there is no guarantee that Sclerotherapy will be effective for you. Approximately 10% of patients who undergo Sclerotherapy have fair to poor results. In rare instances the patient's condition may become worse after Sclerotherapy treatment. The number of treatments needed differs from patient to patient, depending on the extent of the problem.

## **Risks and Side Effects Associated with Sclerotherapy**

**Transient hyperpigmentation associated with Sclerotherapy** Approximately 20% of patients who undergo Sclerotherapy notice a discoloration (light brown streaks) after treatment. This usually fades in 4 to 12 months. In rare instances this darkening of the skin may persist for years.

**Skin Ulceration associated with sclerotherapy** is very rare complication. A blister may form, open, and become ulcerated. Healing occurs slowly over a few months. After healing, this will usually leave a scar.

**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.

**Deep Vein Thrombosis** is a very rare complication. The dangers of phlebitis include the possibility of pulmonary embolus (a blood clot carried to the lungs) and post phlebotic syndrome, resulting in a permanent swelling of the leg.

**Most Common Side Effects** The veins may be tender to the touch after treatment, and an uncomfortable sensation may run along the vein route. This discomfort is usually temporary. Bruising is very common and to be expected. Some patients complain of an itchy sensation after treatment, which is also very normal. Trapped blood may cause a discoloration, which can be flushed out, although this may leave hyperpigmentation up to one year.

## **Alternative Treatments**

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

## **Proposed Treatment Results**

The practice of medicine and surgery is not an exact science, and 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.

## **Informed Consent**

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 not treating my condition, and I hereby consent to vein treatment.

**Patient Signature**

**Date**

**Physician Signature**

**Date**

**Witness Signature**

**Date**