

After care instructions

Before treatment:

- Do not use bath oils, lotions or creams on your legs for 24 hours before your injections
- Dress in loose clothing, jogging trousers or skirt and comfortable shoes to accommodate your support hosiery
- Please bring firm support tights to put on immediately after your treatment

After treatment:

- Dressings will be applied to the injection sites
- Take a 10 minute walk immediately after treatment
- Wear your support hosiery day and night for 72 hours; after this, you may take the stocking off and have a short, cool shower or bath. Do not be alarmed that the thread veins look worse, this is normal at this stage
- Thereafter, wear you support stocking during the day for 7 days: you may take them off at night
- Avoid extremes of temperature for 14 days i.e. very hot baths, saunas, sun beds
- Avoid sun exposure for 4 weeks – pigmentation may take longer to fade
- Avoid high impact exercise for 2 weeks
- Avoid waxing of the legs for 4 weeks
- Elevate you legs as much as possible for the first 2 weeks
- Leave at least 3 weeks between treatment and flying time
- Consider wearing support hosiery long term to minimize thread vein recurrence

Questions?

If you have any problems or questions please call the **Laser Clinic** on **0114 263 2101**



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Sclerotherapy

Treatment for leg thread veins

Patient Advice Sheet



Welcome to exceptional healthcare



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What causes thread veins and varicose veins?

50% of the population will develop problems with their leg veins during their life. In most cases there is a family history so the cause is likely to be genetic. Women in particular, find the appearance of thread veins quite distressing but can be assured that ;
a) though unsightly, they are unlikely to cause symptoms or medical problems
b) they can be treated and their appearance significantly improved.

This clinic offers a thorough assessment and diagnosis of your veins to exclude underlying problems in order to offer the best treatment option for you.

What is Sclerotherapy?

Sclerotherapy is a safe, painless and well established treatment for thread veins on the legs. A solution is injected with a very tiny needle, very superficially into the veins, causing the lining of the vein to break down. This damage to the vein wall triggers a healing response, which over several weeks causes the vein to close and fade away.

What results can I expect?

The results are not immediate. The veins will look worse before they get better and the treatment may need to be repeated at 4 – 12 week intervals. Most patients see a 60 – 80% improvement in the appearance of the veins somewhere between one and four treatments.

Are the results permanent?

The veins that are successfully treated will not recover but this is a treatment for the symptoms, not a cure for the underlying causes, so new veins may develop over time.

Is this a safe treatment?

This is a very safe treatment, but as with any medical treatment, not entirely without risk. This treatment is not suitable for everyone. Your practitioner will take a medical history and discuss the possible risks and complications with you prior to treatment.

Is there any special aftercare?

You may resume normal activities immediately. You will have to wear firm support tights for a week after treatment. You will be advised to take a 10 minute walk immediately afterwards, to avoid high impact exercise for 2 weeks, no steaming hot baths, showers, saunas or sun beds for 2 weeks and no waxing for 4 weeks. Please discuss any long haul travel plans within 4 weeks of treatment with your practitioner.

Side effects

The two most common side effects are haemosiderin deposition and telangiectatic matting.

Haemosiderin deposition occurs when the vein is not entirely closed, blood is trapped and clots. In some people, iron pigments leak from the clot and stain the skin over the vessel brown. These brown marks are usually not permanent but may take 6 – 18 months to fade. They darken when exposed to the sun and will take longer to fade if tanned.

Matting occurs if the fragile vessel is injured during the injection, leaving a mat of tiny veins that look like a blush or red bruise. Matting usually disappears completely after 6 – 12 months, but if it persists, it can be treated with sclerotherapy if the needle can access the fine vessels and flush the solution through gently.

Other risks are extremely rare but include:

- Deep vein thrombosis – extremely rare
- Allergic reaction- any drug carries a risk of allergic reaction. It is quite common for patients to experience some itching and some redness at the treatment site.

This is no cause for concern and will pass within a few hours.

If the solution irritates the tissue surrounding the vein, in rare instances blistering/ulceration can occur.

If left alone these can potentially lead to further blistering and scarring.

The drug we use is Fibrovein. It is widely used in Europe, the USA and the UK but as yet is unlicensed in this country. We use it because in our opinion it has the least side effects and is painless.

Finally, the results achieved after one treatment vary considerably from one client to another. You should budget for up to 4 treatments, 4 - 6 weeks apart and you can expect an improvement in their appearance of 60 – 80%. In rare case, the treatment has little or no effect. Results cannot be guaranteed.