

NORTHWEST  
**Vascular and Vein**  
*Specialists*

**Cosmetic Sclerotherapy**

Sclerotherapy is a method used to successfully treat unsightly varicose veins by injecting a sclerosing solution directly into the veins with a very small needle. This solution initiates an inflammatory reaction that results in collapse of the vein. This can help to provide both cosmetic improvement and relief of minor symptoms including burning and itching. Most patients experience a short period of minor discomfort with that resolves after the treatment and with the help of compression stockings placed on the treated leg(s).

Compression stocking use after treatment is a very important and is key to attaining excellent cosmetic results by keeping the veins compressed. Thigh high compression stockings are placed on treated leg(s) at the completion of a treatment session and are worn overnight on the day of treatment, then for four additional days during the day. The use of arnica gel nightly after the first day of treatment can also be helpful in reducing bruising and inflammation.

After treatment you can expect swelling and redness at the injection sites which disappears in a few days and subsequent bruising which typically resolves in ~10-14 days. This is usually temporary and reflects the body's natural response to treatment. We recommend you avoid any strenuous exercise for the first three days, however you may return to low-impact exercise (walking, cycling, elliptical, yoga, and/or Pilates) the day after your treatment.

Common side effects from sclerotherapy include hyperpigmentation (dark spots) and telangiectatic matting (development of new smaller blood vessels). These can happen in ~20% of patients, however it does typically resolve spontaneously in the majority of patients within 6-12 mos. To help avoid this it is very important to be compliant with your use of compression stockings and avoid direct sun exposure for the first couple weeks after treatment (plus always wear SPF).