Women’s Wellness Center

SCLEROTHERAPY INFORMED CONSENT FORM

You have both the right and obligation to make decisions concerning your healthcare. Your physician can provide you with the necessary information, but as a member of the healthcare team, you must enter into the decision-making process. This form is designed to provide you with the information you need to make an informed decision on whether or not to have sclerotherapy performed. If you have any questions or do not understand any potential risks, please do not hesitate to ask Dr. Stone or the staff of Women’s Wellness Center.

DESCRIPTION OF PROCEDURE

WHAT IS SCLEROTHERAPY?
Sclerotherapy is a popular method for eliminating varicose veins and superficial telangiectasias ("spider veins") in which a solution, called a “sclerosing agent,” is injected into a person’s veins.

DOES SCLEROTHERAPY WORK FOR EVERYONE?
The majority of persons who have sclerotherapy performed will be cleared or at least see good improvement. Unfortunately, however, 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 veins have not totally disappeared after six treatments). In very rare instances the patient’s condition may become worse after sclerotherapy treatment.

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 varicose and spider veins present. One to six or more treatments may be needed, with the average being three to four. Individual veins usually require one to three treatments.

WHAT ARE THE MOST COMMON SIDE EFFECTS?
The most common side effects experienced with sclerotherapy include:

*Itching.* Depending on the type of solution used, you may experience mild itching along the vein route. This itching normally lasts 1 to 2 hours but may persist for up to a day or so.

*Transient hyperpigmentation.* Approximately 10% of patients who undergo sclerotherapy notice discoloration (light brown streaks) after treatment. In almost every patient the veins become darker immediately after the procedure. In rare instances this darkening of the vein persists for 4 to 12 months.

*Sloughing.* Sloughing occurs in less than 1% of all patients who receive sclerotherapy. Sloughing consists of a small ulceration at the injection site that heals slowly over 1 to 2 months. A blister may form, open, and become ulcerated. The scar that follows should return to a normal color. This occurrence usually represents injection into or near a small artery and is not preventable.
Allergic reactions. Very rarely a patient may have an allergic reaction to the sclerosing agent used. The risk of an allergic reaction is greater in patients who have a history of allergies.

Pain. A few patients experience moderate to severe pain and some bruising, usually at the site of the injection. The veins may be tender to the touch after treatment, and an uncomfortable sensation may run along the vein route. This pain is usually temporary, in most cases lasting 1 to at most 7 days.

Telangiectatic matting. This refers to the development of new tiny blood vessels in the treated vessel. This temporary phenomenon occurs 2 to 4 weeks after treatment and usually resolves within 4 to 6 months. It occurs in up to 18% of women receiving estrogen therapy and in 2% to 4% of all patients.

Ankle swelling. Ankle swelling may occur after treatment of bleed vessels in the foot or ankle. It usually resolves in a few days and is lessened by wearing the prescribed support stockings.

Phlebitis. Phlebitis is a very rare complication, seen in approximately 1 out of every 1000 patients treated for varicose veins greater than 3 to 4 millimeters in diameter. The possible dangers of phlebitis include the possibility of a pulmonary embolus (a blood clot to the lungs) and postphlebitis syndrome, in which the blood clot is not carried out of the legs, resulting in permanent swelling of the legs.

ARE THERE ANY POSSIBLE COMPLICATIONS IF I DO NOT HAVE SCLEROTHERAPY PERFORMED?
In cases of large varicose veins (greater than 3 to 4 millimeters in diameter), spontaneous phlebitis and/or thrombosis may occur with the associated risk of possible pulmonary emboli. Additionally, large skin ulcerations may develop in the ankle region of patients with longstanding varicose veins with underlying venous insufficiency. Rarely will these ulcers hemorrhage or become cancerous.

ARE THERE OTHER TYPES OF PROCEDURES TO TREAT VARICOSE VEINS AND TELANGIECTASIAS? WHAT ARE THEIR SIDE EFFECTS?
Because varicose and telangiectatic leg veins are not life-threatening conditions, treatment is not mandatory in every patient. Some patients may get adequate relief of symptoms from wearing graduated support stockings. Ambulatory phlebectomy is a procedure in which certain types of veins can be removed through small surgical incisions. The complications of this procedure are similar to those of sclerotherapy with the addition of small surgical scars that naturally occur with this procedure.

WHAT IF I EXPERIENCE A PROBLEM AFTER RECEIVING SCLEROTHERAPY?
If you notice any type of adverse reaction, please call Dr. Stone immediately.

PATIENT CONSENT

1) I hereby authorize Dr. Autumn L. Stone ("Dr. Stone") and/or such associates or assistants as may be selected by Dr. Stone to perform the following procedure: sclerotherapy.

2) I understand that during the course of the procedure, medical treatment, and/or anesthesia, unforeseen conditions may become apparent which require an extension of
the original procedure(s), or different procedure(s) or additional treatment(s) from that described above. I therefore authorize Dr. Stone to perform such procedure(s) or additional treatment(s) as she, in the exercise of her professional judgment, deem necessary.

3) I have been informed of the significant risks which may result from the performance of the procedure(s) [and in some cases, may lead to death or permanent or partial disability]. I acknowledge that no guarantee has been made to me as to result or cure. I have also discussed with Dr. Stone the benefits, risks, and complications of this specific procedure.

4) I also acknowledge that reasonably acceptable alternate courses of therapy have been discussed with me and the benefits, risks, and complications of those alternative courses of therapy.

5) I understand my right to refuse the recommended procedure(s), the options available to me should I refuse to consent, and the expected consequences of such a refusal.

6) I have had sufficient opportunity to discuss my condition and planned procedure with Dr. Stone, and all of my questions have been answered to my satisfaction. I understand my condition and planned procedure and I have adequate knowledge upon which to base an informed consent.

7) I authorize Dr. Stone to photograph/videotape my procedure at the discretion of Dr. Stone. I understand that the photograph(s)/videotape will be used only for the purpose of medical study/research and/or documentation for my medical record.

ALTHOUGH SCLEROTHERAPY IS EFFECTIVE IN MOST CASES, NO GUARANTEE CAN BE MADE THAT A SPECIFIC PATIENT WILL BENEFIT FROM THE TREATMENT. SOME VEINS MAY REQUIRE MULTIPLE TREATMENT SESSIONS TO REACH THE DESIRED LEVEL OF RESPONSE.

BY MY INITIALS, I ACKNOWLEDGE THAT I HAVE BEEN OFFERED A COPY OF THIS SCLEROTHERAPY INFORMED CONSENT FORM. ____________

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ THE FOREGOING INFORMED CONSENT FORM AND THAT THE DOCTOR HAS ADEQUATELY INFORMED ME OF THE RISKS OF SCLEROTHERAPY TREATMENT, ALTERNATIVE METHODS OF TREATMENT, AND THE RISKS OF NOT TREATING MY CONDITION, AND I HEREBY CONSENT TO SCLEROTHERAPY TREATMENT PERFORMED BY DR. STONE.

Patient Signature _____________________ Date _____________________ Witness _____________________ Date _____________________

Patient Printed Name _____________________ Witness Printed Name _____________________
What are varicose and spider veins?

Normal veins have one way valves that help push the blood in the legs back to the heart.

For many reasons, these valves become ineffective, and blood pools in the veins making them visible through the skin.
Why do these valves become ineffective?

Major causes:

♦ Heredity (your parents and grandparents)

♦ Multiple pregnancies

Minor causes:

♦ Prolonged standing or sitting
♦ Age
♦ Trauma
♦ Estrogens or hormones
♦ Leg crossing

These causes won't apply to everyone.
What are the treatment options for my veins?

**CONSERVATIVE APPROACH:**
Frequent **walking** and consistently wearing prescription **compression stockings**. This will still only help prevent new veins, not treat the current veins.

**MINOR SURGERY:**
This form of treatment (ambulatory phlebectomy) can be performed in the office, but is reserved for larger varicose veins.

**LASER TREATMENT:**
Lasers are very effective for veins on the **face, neck, shoulders** and **chest**. On the legs, laser treatment works only on the tiny (1mm) veins.

**SCLEROTHERAPY:**
In the 1990’s, this form of treatment is the **safest** and **most effective** way to permanently **remove** unsightly varicose and spider veins.

**ENDO-VENOUS LASER TREATMENT:**
A new treatment for varicose veins that arise from a broken vein in the groin area (ie. Saphenofemoral Junction).
What is sclerotherapy?

Using a very small needle, the doctor injects a small amount of a sclerosing solution that causes a reaction to occur inside the vein.

This reaction causes the walls of the vein to stick together. When the walls of the veins are together, blood can not enter and fill up the vein. Although the vein is still there, it is now invisible.
Frequently Asked Questions

Does this affect my circulation?
No. There are literally thousands of good veins that will take over for the other veins that are not doing their job anyway.

Does it hurt?
The tiny needle that is used is tender on certain areas of the legs, but the solution itself is painless as it enters the vein.

Do I have to be off my feet?
No. We actually ask you to walk ½ to 1 mile immediately after treatment. Moving around and being on your feet is good, although weight lifting, jogging and high impact aerobics will be limited for 1 week.

How many treatments will I need?
This will depend on the number and severity of veins that are being treated. Most people will need 2 to 4 sessions. Some veins will require multiple injections before the reaction is accomplished. There is no way to predict which veins will require additional treatments.
**Are there any restrictions after sclerotherapy?**

There are only a few **important** restrictions to help us achieve the best results, and make your legs look great!

You should **not** participate in **high impact aerobics** or **weight lifting** for 1 week after the treatment. On the other hand walking, bike riding or swimming is encouraged during this time.

Heat causes the blood vessels to expand. Therefore, we ask that you avoid **hot baths, jacuzzis or saunas** for 2 weeks after the treatment.

Follow up visits are usually **1 to 4 weeks** after the treatment to monitor the progress of the procedure. These visits are important and are included in the cost of treatment. Stubborn veins can be re-treated at 4 weeks.
Before Sclerotherapy

Reminders:

It may be helpful to bathe or shower before sclerotherapy.
Please do not shave your legs the day of sclerotherapy treatment.
Please do not use lotion or creams on your legs on the day of treatment.
Bring loose fitting shorts to wear during sclerotherapy.
Bring your compression stockings (unless you plan to get them on the day of the procedure)
Bring loose fitting pants to wear home after the procedure.
Wear shoes that work with stockings, not flip-flops or open heeled shoes.
Please do not take any aspirin, ibuprofen, anti-inflammatory medication, blood thinners, ginkgo biloba, ginger, garlic, ginseng, vit. E, ephedra, iron supplement or antibiotic for 3 days before sclerotherapy.
Eat a light meal or snack 1½ hours before your appointment.
Call us before your treatment if you have any questions at 303. 841. 5266

CANCELLATION POLICY: If you are unable to keep your scheduled appointment, you must cancel your appointment by phone 24 hours prior to your treatment.

After Sclerotherapy

Reminders:

- If you are traveling more than 30 minutes to get home, plan to stop after 20 minutes at a mall or someplace where you can walk for 10-15 minutes.
- Walk at least ½ to 1 mile after the treatment as soon as you get home. Then continue walking 45 minutes to an hour every day. The more, the better!
- Avoid strenuous exercises like high impact aerobics or weight lifting for 1 week after the treatment.
- Leave your stockings on continuously for 3 days after the treatment (24 hours / day). If necessary, you may take your stockings off only long enough to take a quick warm shower.
- After the 3rd day, continue wearing your stockings for 4 more days, but you may take them off only to sleep.
- After the first week, you should continue wearing your stockings during the day to prevent new veins from forming.
- Avoid hot baths, jacuzzis or hot tubs for 2 weeks after sclerotherapy.
- Avoid the sun or tanning beds for 1 week after sclerotherapy.
- Don't forget your veins will look worse before they look better. This is expected and normal.
- Most patients will see improvement 3-6 weeks after treatment, but fading may continue after 6 weeks.
- Call us if you have any questions or concerns at 303. 841. 5266