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## **Microsclerotherapy - patient advice**

**Sclerotherapy is a safe and well established treatment for thread veins on the legs. There are a number of alternative treatments but this remains the most reliably successful of them.**

A solution is injected with a small needle in to the vein. This causes the lining of the vein to swell and become sticky. Compression hosiery is then worn to close the veins. Over a period of time the vein will fade.

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

Haemosiderin deposition occurs when the vein is not entirely closed and trapped blood clots. This can stain the skin over the vessel. These brown marks are typically not permanent and should fade over 6 – 18 months. They darken when exposed to the sun and will take longer to fade if tanned.

Matting occurs if the vessel is injured during injection, leading a small mat of veins which looks like a red bruise. Matting usually disappears after 6 – 12 months.

Other risks are extremely rare but include itching and redness at the treatment site, blistering and painful inflammation called phlebitis.

## **Instructions**

### **Before treatment**

Do not use bath oils or skin creams for 24 hours before treatment.

Dress in loose clothing and comfortable shoes to accommodate the compression hosiery

**After treatment**

Do not remove your support hosiery for 48 hours

Following this period you may remove the hosiery to bathe but continue to wear it for at least a week. The longer you wear the hosiery the better the outcome.

Avoid extremes of temperature for 14 days, and sun exposure for 4 weeks.

Avoid short haul flights for 2 weeks and long haul flights for 6 weeks following the procedure