

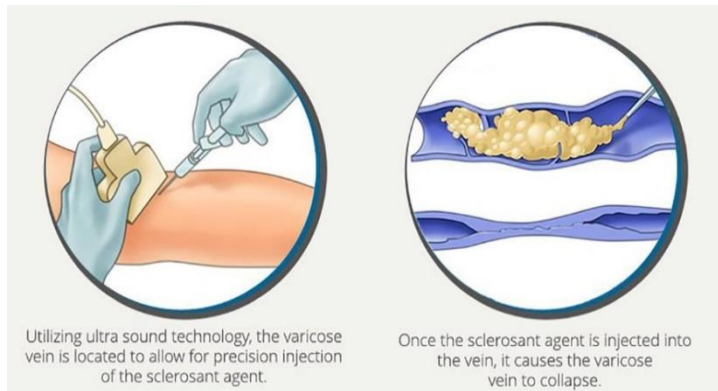


ULTRASOUND-GUIDED FOAM SCLEROTHERAPY (VARITHENA OR POLIDOCANOL)

Dr. Wise and the Advanced Vein Center team have diagnosed you with medical vein disease. Specifically, the valves in one or more of your saphenous veins (the main superficial vein trunks in your legs) and/or one or more of your small to medium-sized tributary branch veins are not working correctly, which is leading to venous reflux (reverse blood flow). We are recommending Ultrasound-Guided Foam Sclerotherapy to close the veins with a foam medicine called a sclerosant.

THE PROCEDURE

Dr. Wise will use an ultrasound machine to guide the procedure for maximum accuracy and safety. Using a small needle, he will inject a foam medicine called a sclerosant



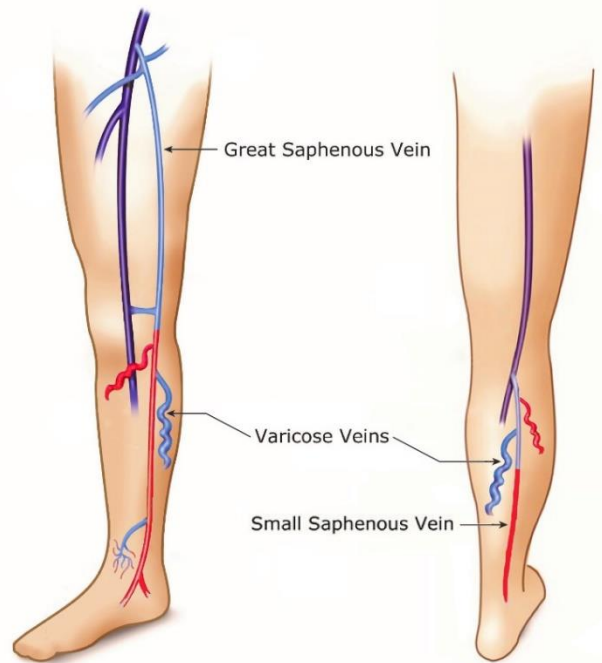
POTENTIAL COMPLICATIONS

Bruising: Nearly everyone will develop bruising in the area of the treated veins following this procedure. The bruising should fade within 2-3 weeks.

Deep Vein Thrombosis (blood clot in one of the deep veins of your legs): This a rare complication affecting only 1% of patients treated with this procedure. An ultrasound will be performed within 1 week of your procedure to rule out a DVT. If a DVT is diagnosed, you may need to be prescribed a blood-thinning medication for a few weeks. There is a 1 in 10,000 chance of developing a pulmonary embolism (a blood clot in the deep veins of the legs that breaks off and travels to the lungs).

Hyperpigmentation: Up to 20% of patients may develop brown discoloration of the skin following sclerotherapy. It will resolve spontaneously over time (80% will fade over 6 months, 95% over 1 year).

Matting: In up to 15% of patients, multiple, very-fine spider veins may develop in the treatment area. It usually resolves spontaneously within 3 to 12 months. To clear the matting sooner, cosmetic sclerotherapy or cutaneous laser can be used.



into the diseased veins. The medicine will irritate and scar the veins from the inside, causing the veins to collapse and, eventually close. The closed veins will then be reabsorbed by the body, and the blood will reroute through other healthy veins. More than one treatment may be necessary to achieve complete closure of the diseased veins. The segments of diseased vein that will be treated with this procedure are highlighted in red in the diagram above.

Trapped Blood: When the sclerosant comes in contact with blood, small clots may form within segments of the treated veins. This is not dangerous. Your body will absorb these small clots over time, but to speed up the healing process and to reduce the risk of pain and hyperpigmentation, the team may want to drain these clots by making a small hole in the vein with a needle and squeezing the surrounding skin (like popping a pimple).

HOW TO PREPARE FOR YOUR PROCEDURE

If you are taking a blood-thinning medication, please inform us.

Be sure to bring your compression stockings on the day of your procedure or arrange to purchase them from Advanced Vein Center. If you plan to purchase them on your own, be sure to buy the right size (based on the circumference of your thigh, calf, and ankle), the right length (thigh-high vs. knee-high), and the right compression strength (30-40 mmHg).

Take a shower on the day of your procedure because you will not be able to shower for the first 24 hours.

Avoid using makeup, perfume, powder or lotions on the treatment area before your procedure.

Fasting is not recommended. Eat and drink normally and take your routine medications as prescribed.

Wear loose-fitting clothing to your procedure because tight-fitting pants may not fit over the bandaging and compression stocking that we will apply after your procedure.

WHAT TO DO AFTER YOUR PROCEDURE

Immediately after your procedure, walk or perform calf raises for 5 minutes before getting in your car. For the remainder of the treatment day, walk or perform calf raises for 5 minutes every hour. Take frequent walks for the next week.

After the first 24 hours, you may remove the compression stocking and the bandages to shower.

Continue to wear the compression stocking for the remainder of the week, removing the stocking only to shower or to sleep.

Refrain from strenuous activities, or prolonged standing or sitting, for 1 week after your procedure.

Avoid sun exposure of the treated areas for 1 week.

Avoid very hot showers and do not submerge the treatment area in baths, hot tubs or pools for 1 week.

Mild pain is common. If you have pain following your procedure, please feel free to use aloe vera gel, cool packs, Ibuprofen (Advil, Motrin – 200 mg or three tablets every 6 hours), or Acetaminophen (Tylenol – 325 mg or two tablets every 4-6 hours, not to exceed 10 tablets in 24 hours).

You will need a follow-up ultrasound within 1 week of your procedure to rule out a deep vein thrombosis (DVT). Be sure to schedule your follow-up appointment before you leave the clinic on the day of your procedure.

Thank you for trusting Dr. Wise, Layla, Jackie, Sergio & Landon with your care!

