



Corsham Cryotherapy

DR CARLA WILCOX

Microsclerotherapy Consent Form

What is microsclerotherapy?

It is the injection of a tiny volume of sclerosant fluid into small thread or spider veins that irritates the vein wall, causing it to collapse in on itself. The body then breaks down the damaged vessels and this results in either faded spider vein appearance or complete resolution.

Microsclerotherapy is generally considered a safe procedure, but there are important side effects and risks to consider.

The aim is to improve the appearance of spider or thread veins, but they will not always disappear completely. Although, the very nature of these veins mean that people will likely develop more over time, although this may only be in months or years to come. In addition, the presence of varicose veins suggests impaired venous blood flow which increases the risk of thread veins and their recurrence.

I cannot treat varicose veins and their underlying cause but aim to improve the appearance of thread veins.

What should I expect in terms of side effects/risks?

The procedure can be slightly **uncomfortable**, but the thinnest needles on the market are used to allow for optimum comfort.

There can be **localised irritation** (usually in the form of mild swelling and redness) that settles soon after the procedure. You may also notice localised bruising.

Brown discolouration or haemosiderin staining is a by-product of the stagnant blood that remains in the thread vein when it collapses, and tends to settle over time, but this can take months and may not fully disappear. It is important to note that sun exposure in the days before, or in the weeks after treatment can increase the risk of pigmentation.

Matting is the term given to a network of tiny thin red vessels that can appear near the surface. This is a rare side effect of sclerotherapy, and more likely when a single area is over-treated. For that reason, I ensure the injections are separated by at least 1cm.

Infection risk is low as the injections are minute, and skin is cleaned before the procedure. However, if the area remains red and hot for more than 24 hours, please contact your GP or Out of Hours GP for consideration of antibiotics.

Ulceration is a rare complication in slow healing skin that usually occurs when sclerosant is injected in to an area where arteries and veins are in close proximity. For this reason, I avoid injecting below the ankle.

Sclerotherapy can be associated with **headaches**, and a worsening of migraines for regular sufferers of these, but in both cases, this is usually temporary. If you develop a sudden, severe headache you should seek urgent medical attention.

Blood clots (in the form of Deep Vein Thrombosis or Pulmonary Embolus) are an extremely rare risk associated with this and many other procedures. Factors that can contribute to an increased risk are obesity, use of the Combined Oral Contraceptive Pill, a history of previous clotting, and active cancer. This risk, and your medical profile, will be discussed in your clinic appointment as not every patient may be suitable. Shortness of breath, coughing up blood-stained sputum or developing calf swelling would require urgent medical attention.

Anaphylaxis is a very rare over-reaction of the body's immune system to the sclerosant fluid, so I will take note of any allergies which may mean treatment is unsuitable. I also carry adrenaline for administration in an emergency situation. If you develop tongue/lip swelling or breathing difficulty in the hours after treatment, please call 999 immediately.

Lack of improvement - Although around 80-90% of patients see a significant improvement in the appearance of their thread veins, there is a 5-10% chance you may see little or no improvement. If this is the case, additional treatments may be needed in the future. As this outcome constitutes a known procedural risk, refunds will not be given. It is also important to note that defamation using social media is not appropriate.

How long does the procedure take?

The requirements of each patient are different, but an appointment usually takes 30-60 minutes. This allows for cleansing of the skin, preparation of the injectables and after-care/follow-up discussion.

Is there anything specific I need to do following treatment?

Yes. To achieve the best results, you must wear thigh-length **compression stockings** for the first 3 days and nights, followed by another 4-7 days during the day only. These should have been measured and ordered at your initial consultation unless you have opted to buy your own.

It is also important to complete a **30 minute walk** after treatment (to lower your risk of thrombosis or clot) and attend your scheduled review 10-14 days after the procedure.

Personal Information

Full Name

Address

Date of birth

NOK/Emergency contact details

Medical & Health Information

Past Medical history (list conditions e.g. high blood pressure)

Are you currently taking any prescribed medication, supplements, etc? ☐ Yes ☐ No

If yes, please specify medication and dosage

Do you have any allergies? ☐ Yes ☐ No

If yes, please specify

Absolute contraindications:

- Cancer

- Previous blood clot (DVT or PE)

- Poorly controlled diabetes (HbA1c > 55mmol/L)

- Previous stroke

- On anticoagulation (e.g Apixaban, Rivoroxaban, Warfarin, Aspirin)

- Pregnant or breastfeeding

- Lymphoedema
- Peripheral Vascular Disease (PVD)

- Haemotological disorder (e.g clotting disorder or Factor V Leiden)

- Patent Foramen Ovale

- Kindey or liver impairment

- Recent Surgery (in the past 6 weeks)

- Significantly impaired mobility

Photographs may be taken before, during and after treatment and stored securely in Cliniko (our clinical management system). I may seek your permission to use these pictures (anonymously) on my website or social media. Please tick here to agree ☐

Please tick the box to confirm that you do not have any of the aforementioned conditions ☐

Please tick and sign to confirm that you have read and understood the consent form, that you understand the risks involved, and that you have had the opportunity to ask any questions you might have ☐

Client signature

Full name

Date

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Y

Therapist signature

Full name

Date

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