

CONSENT FOR TREATMENT OF LEG VEINS

I understand that I am being offered treatment for venous insufficiency, and the goal of treatment is to have better circulation and to look and feel better. I understand that my treatment plan will be adjusted as necessary to meet the needs of any particular problem. I understand that treatment may involve some of all of the following modalities.

___Endovascular Closure – Either by laser or radiofrequency (VNUS), a small fiber is inserted into a diseased vein through a needle puncture. The fiber is then positioned under ultrasound at the origin of the vessel and the Physician then delivers either laser or radiofrequency energy through the fiber which causes the vein to seal off and the fiber is gradually removed.

___Stripping – A small surgical wound is made in the groin area about 1.5-3 inches long. The vein is then tied off proximally and special instrument is passed down the vein to the knee area. The vein is then grasped by the stripper at the knee, divided and pulled out through the groin incision. The groin wound is then closed in a cosmetic fashion and the knee wound closed with a steri-strip.

___Hook Phlebectomy – A small stab wound is made with a 16G needle or the tip for a surgical blade along the side of the diseased vein. The vein is then extracted and grasped with a clamp. It is then eased out with a gentle rocking movement removing as much vein as possible, usually 2-4 inches. This is repeated along the diseased vein until it is completely removed. There is very little bleeding with the procedure when done under local anesthesia because of the medication in the local constricts the vessel, therefore, removing all the blood from the vein.

___Ultrasound Guided Sclerotherapy – With this technique, Sclerotherapy is done while the doctor visualizes and monitors the vein on the ultrasound screen. This enables treatment of veins that cannot be seen on the surface but are deep to the skin and otherwise go undetected.

___Sclerotherapy- a tiny needle is inserted into the vein and small amount of sclerosing agent is gently injected which flushes out the red blood cells temporarily and causes inflammation in the lining of the vessel. This reaction causes sclerosis or the formation of fibrous tissue within the vessel leading to the disappearance of the vessel. This fading can take from a few weeks to a few months and most cases require 2-3 treatments, however, some take more.

___Light/Laser Source Treatment – A light beam is pulsed onto the veins in order to seal them off and cause them to dissolve. A light based treatment is generally used only to treat small veins. This treatment may be combined with Sclerotherapy and when used for spider veins, multiple treatments are usually required.

___Medications

- ___Sodium Tetradecyl Sulfate (FDA approved)
- ___Polidocanol (FDA approved)
- ___Hypertonic saline (FDA approved-but off label usage)
- ___Glycerin (FDA approved-but off label usage)

___Compression Hose – Prescription strength compression stockings are mandatory for treatment. They will enhance the results, decrease pain and swelling and reduce potential side effects and complications.

AMOUNT OF CLEARING

Treatment of venous insufficiency and varicosities should expect 35-100% clearing. Post-op the legs look worse before they look better. They get lumpy, bumpy and black and blue. The black and blue goes away in a matter of weeks. The lumpy bumpiness goes away in a matter of months and compression stockings should be worn as long as there are lumpy, bumpy changes under the skin. Treatment of spider veins should anticipate 80-90% clearing of all areas treated. Following treatment of spider veins, the minute vessels look like cat scratches and this resolves in a matter of weeks. Smaller feeding veins may develop some small discolored areas and may last for weeks to months.

APPOINTMENT LENGTH

Appointments are usually 30 minutes to 2 hours depending on the type of procedure being performed. This includes time for preparation and for placement of stockings.

VISIBLE RESPONSE

For spider veins, response can usually be expected after the second treatment. In many cases, it seems as though the first treatment sensitizes the vein and the next treatment closes them down in a noticeable way. Patients who have had past Sclerotherapy are usually more resistant to repeat treatments.

SIDE EFFECTS AND COMPLICATIONS

I understand that any of the following side effects may occur:

Bruising/discoloration – Like any bruising this will usually fade in a few days to weeks.

Numbness and Tingling – When removing and/or destroying subcutaneous veins, all cutaneous sensory nerves may be injured or temporarily disrupted causing symptoms of numbness, tingling or spots of hyperirritability. This usually resolves within weeks to months, however, occasionally it may leave a permanent effect.

Pain – Although postoperative pain is usually mild, it can be controlled with taking 2 Advil 4 times a day and Extra Strength Tylenol as needed for pain. For more severe pain, you will be provided with a prescription for pain pills, which usually will not be needed. However, if the occasion arises, it is usually in the middle of the night and pharmacies are not available, so we recommend you get the prescription filled whether you use it or not.

Blistering – May occur under a steri-strip or in an area where the stocking rubs the skin. If this occurs we recommend that you cover the irritated area with a Band-Aid. Steri-strips should be removed after 7 days and keep blistering covered to prevent further irritation.

Inflammation and Trapped Blood – Inflammation, mild tenderness and/or slight swelling in the treated vein that may last for a few days to weeks. Most patients do not require any treatment for inflammation and the continued use of Advil or Anti-Inflammatory medicine significantly reduces this response. Trapped Blood is an uncommon problem that occurs when a little blood gets stuck in the closed section of a treated vessel. Trapped blood feels like a firm, tender bump in the treated vein. Trapped blood resolves by itself in a few weeks to months, but sometimes we may use a tiny needle to remove trapped blood to speed up the healing.

Allergic Reactions – There is a very remote possibility of an allergic reaction to medication. Our medicines have an extremely low allergenicity in the general population. Temporary allergic reactions can include hives, tingling, flushing and /or a brief feeling of shortness of breath, spots before the eyes and migraine. If you have a reaction, we will treat you for the allergy and switch to a different medication for your vein treatment.

Hyperpigmentation – Often described as staining, this is usually caused from the iron in your blood being deposited under the skin. It always fades away with time but may take 6 months to a year or more to fade away with patients with light skin or even longer in patients with dark skin. In rare cases, staining may be permanent.

Telangiectatic Matting – This is a flush that may occur in an area after treatment. Most matting (90%) fades away over months. The longer you wear the compression hose and stay active, the faster it will resolve.

Ulcers – If an ulcer forms, it is a small sore caused by medication irritating the skin. This is a rare problem, but it can occur with any injection. It will heal up completely, but may leave a small freckle scar. Generally, this will not be noticeable on normal skin.

Blood Clots – Vein treatments have a small risk of developing blood clots. We reduce this possibility by having patients wear compression hose that are designed to prevent blood clots. We also keep patients active, thereby keeping blood flowing normally and freely in the leg. The incidents in vein treatment is approximately 1 per 1000 patients.

Recurrence of Veins – The veins that we treat completely will be gone forever, but most patients have a normal tendency to develop more abnormal veins and new varicosities

can always appear in future time. Therefore, we recommend that our patients return for annual check-ups so if there are recurrent varicose veins or spider veins, touch up treatment can be performed early and further problems prevented.

Ankle Swelling – Ankle swelling may occur after treatment of blood vessels in the foot and ankle. It usually resolves in a few weeks to months and is lessened by wearing the prescription support stockings.

WHAT IF I EXPERIENCE A PROBLEM AFTER TREATMENT?

If you notice any type of adverse reaction, please call the office immediately.

CONSERVATIVE TREATMENT

Because varicose veins and telangiectasia leg veins are not usually life threatening conditions, treatment is not mandatory in every patient. Some patients may get adequate relief of symptoms and healing ulcers from wearing graduated support stockings and non-steroidal anti-inflammatory drugs (NSAID).

Possible Complications With out Undergoing Treatment – In large varicose veins (greater than 2-4 mm in diameter), spontaneous phlebitis and thrombosis, or both may occur with an associated risk of pulmonary embolism and death. Additionally, large skin ulcers may develop in the ankle region in patients who have long standing varicose veins and underlying venous insufficiency. Rarely, these ulcers may hemorrhage, become cancerous or may become infected. Hemorrhage may occur from thin varicose veins or spider veins and this has been infrequently reported as having caused fatalities.

The risks and benefits of treatment have been explained to me in a way that I can understand. Furthermore, I understand that the medicine is not an exact science and there are no guarantees of results in medicine. I also understand that there may be other treatment options, including the option of doing nothing. With this in mind, I am choosing to try treatment of my veins as check above. I have read and understand this document and my questions have been addressed and answered to my satisfaction. I understand and accept the terms of this agreement.

Patient Signature

Doctor Signature

Date

Date