



# Vascular Specialists

of Central Florida, Inc.

## Cosmetic Sclerotherapy

This is a cosmetic procedure performed for the purpose of fading spider veins and very small varicose veins.

### Cost

30 minute session - \$200  
60 minute session - \$400

### Scheduling

1. You may schedule your procedure at our front desk or over the phone. You will be asked to pay 50% of the total cost of the procedure when scheduling. The remainder of the fee will be charged the day of the procedure.
2. This procedure is typically performed in our Orlando office (80 West Michigan Street, Orlando, Florida 32806) and our Clermont office (2080 Oakley Seaver Dr, Suite 100, Clermont, Florida 34711)
3. Sclerotherapy is typically performed by the nurse practitioner or physician assistant.

### Before Procedure

1. You do not have to stop eating or drinking prior to this procedure.
2. If there is any medication you need to hold prior to sclerotherapy this will be discussed with you.
3. You cannot have cosmetic sclerotherapy if you are pregnant or breastfeeding.

### Day of Procedure

1. Most individuals having sclerotherapy require no sedation. If you are not receiving any sedation you may drive yourself to and from your procedure. There is minimal discomfort associated with sclerotherapy.
2. Arrive at the office 5-10 minutes prior to your appointment time to check in. If you are late this may reduce the time of your session.

3. Sclerotherapy is typically performed in an exam room in the office. You may bring anything with you to make yourself more comfortable. You are welcome to use your cell phone during sclerotherapy.
4. You may wear your own shorts or skirt/dress during sclerotherapy. If you would prefer we have disposable shorts you may change into.
5. You may bring a companion with you if you like. However please do not bring young children.
6. Please bring a compression garment with you that covers all the areas you wish to have treated. Ideally, this would be 20-30mmhg graduated compression stockings. You will leave the office wearing these. Consider not wearing flip-flops to your appointment as these are often difficult to wear with the compression stockings. You may also wear compression leggings if you would prefer.

## After Procedure

1. We advise you keep the treatment sites compressed with stockings or leggings for at least 72 hours (including overnight). You may remove them to bathe. It is advisable to continue to wear the compression garments for 2-3 weeks after the procedure.
2. Walking is encouraged as soon after procedure as possible. You should walk at least 15-20 minutes daily for the next several days after your procedure.
3. You will have small raised bumps, similar to ant bites, at the injection sites. These will fade over the first few days after your procedure.
4. You may have bruising on your legs after the procedure. This is normal and will fade. You may apply Arnica gel over the injection sites to speed up the fading.
5. With the exception of very intense exercise involving your legs (such as Cross-Fit, kickboxing, and lower body weight training) you may continue to exercise after the procedure.
6. You should avoid direct sunlight to the injection sites for a couple of weeks after the procedure. You should also avoid hot baths, hot tubs, saunas for two weeks.
7. You may have soreness at the injection sites after the procedure. This is normal and typically fades over the first week.
8. Some people develop dark spots or lines at the injection sites. These typically fade over time but can be permanent.
9. You may also have itching after the procedure. This fades very quickly.

## Follow Up

1. If you are happy with your results and have no concerns, you do not have to follow-up after sclerotherapy. However, you are welcome to follow-up at any time to address any concerns.
2. **For the vast majority of individuals, sclerotherapy is a multi-step procedure.** It is not common to have satisfactory results after one session. We recommend 4 weeks between sessions. The fading of the veins happens gradually over time. Most individuals require between 2-4 sessions, however sometimes even more sessions are needed to achieve the desired result.
3. Complications from cosmetic sclerotherapy are very uncommon, however if you have any severe pain or swelling after the procedure please notify us immediately at 407.648.4323.