



Endovenous Chemical Ablation (EVCA) Informed Consent

Endovenous Chemical Ablation (EVCA) is a minimally invasive option for treating vein incompetence. Chemical ablation works by injecting medication into the vein either through a direct injection or after insertion of an IV catheter under ultrasound guidance. The medication causes the vein to collapse and dissolve over time. Small veins may take approximately 2 - 3 months or more to dissolve, while larger veins may take approximately 6-9 months or more to dissolve. **Most patients need 1 - 2 treatments per leg.**

During the procedure it is normal to experience some mild side effects. Those most commonly reported include tenderness and bruising at the injection site. This discomfort is usually temporary. Many experience local itching at injection sites related to a histamine release from the vein wall. These are all transient and will resolve quickly.

During the healing process it is **common to experience warmth, redness and knots along the length of the vein treated.** This is related to inflammation and very rarely infection. **Patients may also experience tenderness and discomfort in the treated leg.** Generally, topical ice and anti-inflammatory medications are helpful with symptoms resolving in 3 - 5 days. If pain persists in larger veins for several weeks, please let us know as there might be some trapped blood in the vein which can be removed to speed up resolution.

In very rare cases, a patient may experience one of the following side effects. It is our obligation to inform the patient of such risks.

Transient hyperpigmentation: After EVCA you may notice some discoloration (dark streaks) related to collapsing of the veins underneath the skin. Occasionally this occurs when blood gets trapped inside of the vein. Removing the trapped blood can sometimes speed up the healing of this area. Discoloration usually fade on its own in 4 to 12 months. Individuals with darker skin types tend to have the discoloration the longest. Rarely, this darkening of the skin may persist for years.

Skin Ulceration: In rare cases, a blister may form, open, and become ulcerated. Healing occurs slowly over a few months. After healing, this will usually leave a discolored area or blemish.

Allergic Reaction: Very rarely, a patient may have an allergic reaction to the sclerosing agent. The risk of this is greater in patients who have a history of allergies.

Deep Vein Thrombosis: is an infrequent complication (one per 400-500 treated patients). The dangers of DVT include the possibility of pulmonary embolus (a blood clot carried to the lungs) and post phlebitis syndrome, resulting in a permanent swelling of the leg.

The majority of persons who have Endovenous Chemical Ablation performed have satisfying results. Unfortunately, there is no guarantee that EVCA will be effective for you. In rare instances, the condition may worsen after treatment. The number of treatments needed differs from patient to patient, depending on the extent of the problem.

Alternative Treatments

Varicose veins and spider veins are not life-threatening conditions, treatment is not mandatory. Some patients get adequate relief of symptoms from wearing graduated compression stockings. The other option is to receive no treatment at all.

Proposed Treatment Results

The practice of medicine and surgery is not an exact science, and therefore, reputable practitioners cannot guarantee results. While the overwhelming numbers of patients have noted gratifying results from Endovenous Chemical Ablation, we cannot promise or guarantee any specific results.



Endovenous Chemical Ablation (EVCA) and Ultrasound Guided Sclerotherapy Pre and Post Treatment Care

The Endovenous Chemical Ablation (EVCA) procedure and the Sclerotherapy procedure work by irritating the veins that have been injected so they collapse and dissolve. Small veins may take approximately 2 - 3 months or even more to dissolve, while larger veins may take approximately 6 - 9 months or even more to dissolve.

During the healing process, it is common to experience warmth, redness and knots along the length of the vein treated. This is related to inflammation and, very rarely, to infection. Patients may also experience tenderness and discomfort in the treated leg. Generally, topical ice and anti-inflammatory medications are **helpful** and symptoms should resolve in **3 - 5 days**. If pain persists in larger veins for several weeks, please let us know. There might be some trapped blood in the vein which can be removed to speed up resolution. After EVCA, we will place a wrap on the leg. This wrap may be removed 3-4 hours post procedure.

After an Endovenous Chemical Ablation (EVCA) procedure or Sclerotherapy / Ultrasound Guided Sclerotherapy procedure, **we encourage you to wear your compression stockings daily for the next 7 days.**

You **can certainly** wear the stockings longer than 7 days, if you **feel it helps** your swelling or pain. The compression stockings are to be **taken** off at night. You may also discontinue wearing the stockings if they are causing significant pain or are a burden. Compression stockings are to be helpful, not harmful.

Walking two times a day for 10-15 minutes is important, even on the day of your procedure.

Shorter and more frequent walking can be performed if these longer walks are **not** feasible. Walking promotes speedy healing. It is important for you to continue to move and maintain a normal level of activity. **You may return to more aggressive activities in a gradual fashion as your level of discomfort permits.**

You may take over-the-counter pain relievers (ex: Tylenol or ibuprofen). Your provider may also prescribe an oral steroid for inflammation. Heat or ice packs may also be beneficial in reducing pain.

You may shower, but do not submerge the injection site in water for 24 hours. This means no baths, swimming pools, lakes, or hot tubs; and we recommend avoiding extreme heat like saunas during this time.

We recommend avoiding extensive travel for 2 weeks. If it is necessary for you to travel within the 2 weeks after a vein procedure, you will need to walk 10 minutes every 2 hours along the way and **ALWAYS** wear your compression stockings when traveling.

REMEMBER: Always bring your compression stockings and shorts to your appointments.

POTENTIAL SERIOUS SIDE EFFECTS FROM VEIN TREATMENTS THAT MAY REQUIRE EMERGENCY MEDICAL ATTENTION

Shortness of **breath**

Chest pain

Rapid heart rate

Severe leg pain and / or swelling of the entire leg or calf

PLEASE SEEK IMMEDIATE EMERGENCY ROOM CARE