

# 11. SCLEROTHERAPY + AESTHETIC PHLEBOLOGY

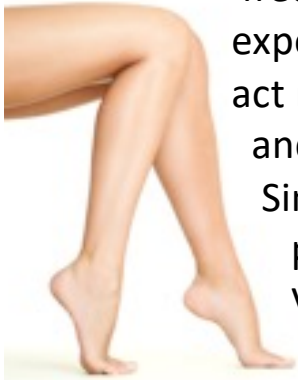
Sclerotherapy is a safe and effective technique for therapeutic and aesthetic management of the leg veins. It remains the most

frequently practiced approach around the world. Proper expertise is mandatory in its practice: indeed, poking a vein is an easy act many people can perform, while knowing where and how to poke and what to inject is a medical gesture requiring top knowledge.

Similar consideration can be done for Laser use in aesthetic phlebology: a growing practice, requiring proper expertise.

Validated info are reported below and at the website:

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## SCLEROTHERAPY

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## AESTHETIC PHLEBOLOGY

1. Sclerotherapy is a safe effective therapy for leg veins affected by chronic venous disease, provided it is performed by experts professionals.
2. Foam produced by expert hands, using proper syringes and method is standardized, reproducible, safe and effective.
3. Sclerotherapy is indicated in all stages of leg chronic venous disease. It is absolutely contraindicated in case of known allergy to the sclerosant drug, acute deep venous thrombosis and pulmonary embolism, local infection in the injection area or systemic infection, long-lasting immobility, known symptomatic right to left shunt in case of foam formulation. An expert physician must assess the single case for eligibility to sclerotherapy.
4. Up to 20% of cases can present post-injection hyperpigmentation. The phenomenon is usually transient.
5. Sclerotherapy injection must be accompanied by proper patient thrombotic risk assessment and life-style adaptation as per the evaluation of the expert physician.
6. Sclerotherapy is the first-line treatment for leg anti-aesthetic veins. Specific lasers use can be taken into consideration for vessel smaller than 1 mm.
7. Laser treatment of leg anti-aesthetic veins must be performed by expert physicians limiting possible complications such as skin burns and pigmentations.
8. Up to the knowledge of this experts consensus carboxytherapy, drugs and/or topicals have demonstrated to improve leg veins aesthetic complaints.
9. Thermal coagulation of the vein can be an option in aesthetic leg vein treatment, but further data are needed before recommending it over sclerotherapy.
10. No aesthetic vein treatment can be considered definitive since venous disease can present recurrence. A proper ultrasound scanning should always precede an aesthetic vein treatment.