

SCLEROTHERAPY TREATMENT

LOW FLOW VASCULAR MALFORMATIONS (Venous & Lymphatic)

PATIENT AFTERCARE ADVICE & INFORMATION

This leaflet tells you about what to expect in the days to weeks following your direct stick sclerotherapy for the treatment of your vascular malformation.

WHAT CAN I EXPECT IN THE FIRST FEW DAYS?

The medicine injected into your venous or lymphatic malformation will make the area swell. This occurs immediately after sclerotherapy treatment and lasts up to a week. The area may also become slightly red and feel hotter than the surrounding skin. These effects are normal and show that the treatment is working.

You may have a crepe bandage on the area after the treatment and this should stay on for 48hrs or so. This bandage is to compress the spaces in the malformation after treatment to allow them to scar. The bandage may feel tight due to the swelling but not painful. If the area becomes painful then remove the bandage.

If there is pain then regular Paracetamol and ibuprofen taken regularly can help.

WHAT CAN I EXPECT AFTER A WEEK OR SO?

After a week the swelling should have reduced to allow you to put on your compression garment (if you had one previously). You can shower and bath as normal but be careful with hot water as this can increase the pain and swelling.

WHAT SHOULD I LOOK OUT FOR?

There are a number of things to look out for after sclerotherapy.

- 1. Skin :** The skin will normally be bruised with some redness and occasionally it can have a maroon discolouration. This is quite normal after treatment. If the skin is black or breaks down then you should contact us as soon as possible.
- 2. Urine :** It is common for the urine (pee) to be darker than normal after treatment for venous malformations. This is called methaemoglobinuria. This is normal. If however the urine becomes very dark and the amount is very low then contact the team as soon as possible.

3. Infection : Infection can occur in both venous and lymphatic malformations. It is probably more common in lymphatic ones. If the area becomes more swollen, painful and hot, you have a temperature and feel generally unwell you may have an infection. If this occurs you may need a short course of oral antibiotics from your family doctor (GP).

4. Bleed : Lymphatic malformations are prone to small bleeds both before and after treatment. This is often seen as sudden swelling with bruising. The bleed or clot may be uncomfortable but it will settle without treatment and will not affect how well the sclerotherapy works. You may need to take more painkillers.

WHO SHOULD I CALL IF THERE IS A PROBLEM?

If you have any problems after your treatment then you should first contact your family doctor (GP). If however your skin has turned black or broken down or your urine suddenly becomes very dark you must contact Dr McCafferty's team as soon as possible.

WHEN WILL MY NEXT TREATMENT SESSION BE?

This depends on each individual's particular circumstances and the medicine used for the sclerotherapy. Some treatments e.g. Bleomycin sclerotherapy will have 3 sessions booked in advance. Other medicine will depend on the size, site and symptoms of the malformation

but typically we try and repeat treatments where needed at about 12 weeks. Dr McCafferty will explain for each case.

FINALLY

Some of your questions should have been answered by this leaflet, but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Make sure you are satisfied that you have received enough information about the procedure.

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BRITISH SOCIETY OF INTERVENTIONAL RADIOLOGY

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