

## THREAD VEINS TREATMENT

### Notes for guidance

Do you hate the way your legs look with those creepy, little veins seeming to crawl under your skin? With a simple sclerotherapy procedure, your physician can reduce the appearance or entirely clear up the unsightly appearance of thread veins, often relieving the painful symptoms that are associated with these veins in the process. Having your physician discuss the advantages of this treatment will help you decide if it is right for you.

### What are thread veins?

Thread, or spider veins, are enlarged or inflamed veins usually in the legs of women. They appear as blue, red or purple streaks or are starburst shaped veins. Many women find the veins unsightly and embarrassing, and the varied symptoms of pain only add to the aggravation. These veins are not an important factor in the normal blood distribution of the body. They are small and lie very close to the surface of the skin, and can therefore be treated relatively easily. Many factors affect the appearance of spider veins (telangiectasias) or "sunburst" veins. Some veins may be spider shaped, having dark centers and "legs" extending outward. Other veins may be small, straight lines and are commonly found around the knees. Factors such as weight gain, heredity, and sitting or standing for long periods of time can all cause them to appear. These veins usually appear on the thighs, ankles and calves. Four times as many women suffer from spider veins as men, and almost fifty percent of women have this problem. Patients usually fall in the 30-60 age range, but any woman or man may be affected by them.

Unfortunately, thread veins are an equal opportunity problem – but they are easy to treat successfully.

### Ideal candidates

Most people who have spider veins can be treated for them. Pregnant or breast feeding mothers are cautioned to wait, but other patients are usually treatable immediately. Men often do not have treatment as the veins are not usually as noticeable, but occasionally a man will suffer with them as well and desire to be treated. Most of the time, spider veins that appear during pregnancy fade, and therefore do not require treatment. The best candidates for thread vein treatment are healthy and want to improve their appearance.

Your medical history will be established before treatment, to see if you are at risk for possible complications. Your physician may go over more criteria with you to determine if you are an ideal candidate for sclerosing of thread veins.

### What to expect

The general procedure for getting rid of thread veins has been used in Europe for over fifty years, and has become common in the United States in the last ten years. It is a relatively quick and painless procedure, where a sclerosing solution is injected into the vein. In most case the vein appears to fade, and with a couple of treatments it disappears completely. The veins are affected by the solution and begin to shrink, or collapse and vanish. Sometimes the veins do not fade completely, but are diminished considerably. Another modern method is laser therapy. In this procedure, the veins are treated with pulses of light causing coagulation of the blood, and then the deterioration of the veins. Some patients may require a combination of laser and injection therapy, depending on the extent of the problem. The procedures usually take 15 to 30 minutes each, and may be repeated once a month on average.

## Recovery and risks

Generally, for the first day or two after the procedure, it is best to stop any strenuous activities, and to wear support hose to keep pressure on the veins and help prevent blood clots. Bruises are normal and may take a number of weeks to diminish from the sites of injection or laser therapy. Your physician will help you determine if you should resume mild activities, such as walking, to keep the blood circulating.

There are some risks of possible scarring, but the more widespread concerns are allergic reactions, and blood clots forming. Some patients may also have extreme inflammation that can be a reaction to the procedure. Some discoloration may occur, and this is a much more common result. Occasionally more veins will appear in the treated area, and then may be treated with the procedure also. Bruising is also a frequent result of the treatment.

## Will I be able to see results immediately?

Usually the treated areas will look swollen or bruised - this could take up to a few months to diminish completely. Many patients notice that the discomfort they felt with the veins before the procedure has disappeared completely once the recovery time is past. Some people have mild pain while recovering, but most patients are very pleased with the results of not having to hide their legs anymore. Many agree that it is worth having multiple sessions to regain shapely, beautiful legs.

## Further Information

This brochure has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon.

There is no obligation on the part of the patient to undergo surgery by attending for consultation.

If you have any further questions or would like to arrange a consultation please fill in the online form on our website at [www.surgeryone.co.uk](http://www.surgeryone.co.uk). All enquiries are always treated confidentially.