

Sclerotherapy can help treat spider and varicose veins



Dr. Luis Navarro

Director
The Vein Treatment Center



Sclerotherapy is the most advanced and effective method for treating spider and varicose veins. Cryo sclerotherapy is the newest unique methods to sclerotherapy, it is completely painless and successfully treats 90% of all varicose veins. The

procedure consists of injecting a mild chemical solution into the affected veins, while causing the walls of the veins to become irritated and collapse. The cooling cryo sclerotherapy is used in conjunction, and delivers short burst of super-cooled air to numb the skin and reduce inflammation during the injections. The sclerosing agent irritates the walls of the vessel, causing it to collapse. The body then reabsorbs the vein; the blood is re-routed to a healthy vein, restoring proper venous circulation in the area.

Following the injections, the leg is wrapped with an elastic bandage for a few hours to help keep the vein closed. Results can be seen immediately, and over the next two to three weeks all of the treated veins begin to heal and disappear. Different solutions, concentrations, and techniques can be used for best cosmetic results, depending upon your needs, the size of the damaged vein, the color of your skin and your healing potential. There is an alternate technique known as foam sclerotherapy, in which the liquid agent is converted to a foam-like substance, which is ideal for closing larger veins and can be visualized and controlled by ultrasound.

Before undergoing the procedure, there are some things you should know. Here is some advice to help.

Do



- [shave your leg\(s\) before the procedure](#)
- [schedule follow-up appointments if necessary](#)
- [search for a phlebologist in your area, to map out a treatment plan for you](#)
- [wear compression stockings](#)
- [consult with your physician regarding your medical history prior to taking any medication](#)

Don't



- [take blood thinners without speaking with your doctor](#)
- [heavily exercise 24 hours after your procedure](#)
- [go back to old lifestyle habits](#)
- [expect not to bruise](#)
- [forget to moisturize](#)

Do

[Do shave your leg\(s\) before the procedure](#)

The doctor needs legs to be hairless so he/she can reach the vein without any issues. Shave your legs the night before or prior to going in for the procedure.

[Do schedule follow-up appointments if necessary](#)

Based on patients' cosmetic needs, additional treatments may be necessary. Ask your doctor about if and how many follow-up appointments you may need in order to achieve the desired results.

[Do search for a phlebologist in your area, to map out a treatment plan for you](#)

The color of the patient's skin can determine which procedure will work better for them. Speak to your doctor about your history with healing as well. If you don't heal well, there may be complications when healing from sclerotherapy. It is best to speak with a phlebologist to help you undergo a treatment plan for you.

[Do wear compression stockings](#)

Some patients wear compression stockings 1-3 days after the bandage has been removed.

Compression stockings can help prevent spider or varicose veins from reoccurring. They offer support so blood won't pool in the veins as easily. You can buy these at most department stores around the country.

[Do consult with your physician regarding your medical history prior to taking any medication](#)

There may be some slight discomfort due to bruising after the procedure. Feel free to take a Tylenol or something similar to ease the pain, but anything more than that you should consult with your doctor to make sure the medication doesn't interfere with the healing process. This includes over-the-counter medication as well.

Don't

[Do not take blood thinners without speaking with your doctor](#)

Patients should avoid blood thinners, like Ibuprofen, before sclerotherapy procedures to avoid any complications when injecting the solution. Taking blood thinners before the procedure can have negative effects on the efficiency of the procedure and during the healing process.

[Do not heavily exercise 24 hours after your procedure](#)

Avoid strenuous activity following the procedure. Walking is fine, but patients should rest until the veins are completely absorbed. A light walk can actually help you to heal and reduce swelling. If you have any questions about your workout routine, contact your doctor.

[Do not go back to old lifestyle habits](#)

Going back to old habits that contribute to the formation of spider veins will make the procedure noneffective. Smoking can contribute to the formation of spider veins. If you were just treated, don't risk forming more. If you're a smoker, quit smoking, it is better for your overall health as well.

[Do not expect not to bruise](#)

Depending on a patient's skin type and needs, there may be some minimal bruising following the procedure. The bruising will fade 2-4 weeks after, and is to be expected. However, if you experience heavy bruising, you should contact your physician right away.

[Do not forget to moisturize](#)

It's important to moisturize the effective area to prevent scabbing, and dryness will cause additional discomfort. Heavy creams that are scented should be avoided, and instead you should use light moisturizers like unscented Lubriderm or Aveno for the first few days after the procedure.

Summary



Sclerotherapy is a great way for you to treat your varicose and spider veins. Consult with a doctor to help you create a treatment plan that is customized for your needs, and so that you can bring up any medical history to avoid complications during the procedure.