



## **Microsclerotherapy**

### **What is Microsclerotherapy?**

Microsclerotherapy is a technique used for the removal of surface and spider veins. It involves injections with a very fine needle of a sclerosing drug which irritates the lining of the veins causing the walls to stick together. Blood stops flowing through the veins, which are then absorbed by the body over a period of a few weeks. The blood is directed back to the deeper veins. The treatment is carried out by a specifically trained specialist nurse.

### **What causes my spider veins?**

Thread or spider veins or dermal flares, are very fine dilated veins lying beneath the surface of the skin. Heredity has a strong influence in causing them. Hormonal surges as at the onset of periods and during pregnancy also make thread veins appear. In some patients thread veins are caused by varicose veins but in other people without any known vein problem. The best known treatment is Microsclerotherapy, some clinics will use laser to treat, but experts believe this is not as effective in comparison to injection therapy.

### **What about Healing Process?**

Bruising can last from two weeks to three months depending on the size of blood vessels treated. The treated areas can look worse before they improve as a result of the bruising. With patience a good result is achieved. Occasionally thicker bruises occur in larger veins, which can remain for several months. These may cause brown discolouration of the skin and could take up to a year to fade in a few cases.

High compression stockings are worn for up to three days to help reduce the amount of bruising. It is best to leave a two week period between treatments on the same area to allow bruising to settle. Certain areas are more susceptible to swelling, particularly at the ankle and knee. It is also possible for some larger veins to become inflamed and the vessel can feel hard, warm and a little sore. These symptoms resolve quickly.

### **After Care**

Simple analgesia may be required, larger veins may require strong compression for a little longer to help minimise this problem. 60-70% percent of veins treated at any one treatment session usually disappear. Most or all vessels treated during the course of Microsclerotherapy will be removed. However, the rate of response differs between patients. The number of treatment and time taken to get to the final outcome are difficult to predict in advance.

### **Do's & Don'ts**

Normal exercise can be resumed after 24 hours, including swimming.

Avoid hot baths, steam rooms, sauna's and Jacuzzi's.

Air travel may be undertaken straight away but it is advisable to drink plenty water and wear class 2 compression stockings on journeys over four hours.

As a general rule standing still should be avoided and keep feet elevated whilst sitting

\* Patients find that over time a few more thread veins may appear and it is common for an annual / bi annual tidy up visit.