



Cosmetic Vein Centers of Virginia

## Sclerotherapy/Laser Treatment for Spider Veins

**Spider veins** - known in the medical world as telangiectasias - are small, thin veins that lie close to the surface of the skin. Although these super-fine veins are connected with the larger venous system, they are not an essential part of it. Spider veins usually take on one of three basic patterns. They may appear in a true spider shape with a group of veins radiating outward from a dark central point; they may resemble tiny branch-like shapes; or they may appear as thin separate lines. A number of factors contribute to the development of spider veins, including heredity, pregnancy and other events that cause hormonal shifts, weight gain, occupations or activities that require prolonged sitting or standing, and the use of certain medications.

Spider veins are more common in women than men. Men and women of any age may be good candidates for Sclerotherapy/Laser treatments, but most fall in the 30-to-60 category. Spider veins may become noticeable very early on - in the teen years. For others, the veins may not become obvious until they reach their 40s.

**Sclerotherapy** is the method for eliminating superficial telangiectasias (spider veins) by the injection of a sclerosing agent into the veins. The majority of most patients will have a significant clearing of the veins. However, there can be no guarantee that it will be effective in every case

**Polidocanol** is the sclerosing agent that will be used in our Sclerotherapy procedures. Polidocanol is a European drug not yet approved by FDA. We chose to use this agent in our Sclerotherapy procedures because it is believed by many vein specialists to be the safest sclerosing agent with the least amount of side effects.

### Laser treatment for Spider Veins

Laser therapy involves directing the laser over the specific vein to be treated, the beam is then heated, resulting in destruction of the vein walls. There is usually minimal reaction after the laser therapy. After the treatment a compression bandage or hose is worn up to 2 weeks. Laser therapy is often used in conjunction with sclerotherapy for the treatment of varicose and spider veins.

It is very important to realize that Sclerotherapy/Laser treatments do not prevent the development of new spider veins and varicosities later in life. Many people require treatments from time to time to keep their legs clear. The total number of treatments depends upon the amount and the severity of the veins (average is 3-5 but can take more than 10 in severe cases). In each session multiple areas can be treated. Each vein may need to be injected several times, in order to clear or improve the condition. Improvement is usually seen in a period of months.

If you are pregnant or breastfeeding, you may be advised to postpone Sclerotherapy/Laser treatment. In most cases, spider veins that surface during pregnancy will disappear on their own within three months after the baby is born. Also, because it's not known how sclerosing solutions may affect breast milk, nursing mothers are usually advised to wait until after they have stopped breastfeeding.

**Compression Stockings** are used with the Sclerotherapy procedure in order to produce better results. We use Sigvaris stockings with 30-40 compression. These can also be worn to help prevent or slow the progression of vein conditions later in life.

Sclerotherapy/Laser treatments are usually considered cosmetic and are not covered by insurance companies.

**Risks** associated with Laser/Sclerotherapy may include: Pain, burning, blister formation, and stinging sensation at the treatment site; infection, scar formation and pigment (color) changes at the treatment site; hyper pigmentation (increase in skin color or darkening), poor cosmetic outcome, reoccurrence of vessels at the treated site, allergic reaction, superficial clot formation, bleeding, matting, bruising, ulcer formation and or temporary phlebitis at the treatment site.

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## **RECOMMENDATIONS FOR BETTER LEGS**

### **REGULAR EXERCISE**

Walking, running, stairmaster, aerobics, swimming, elliptical machine, or biking for 30 minutes, 5-7 days per week will help reduce aching, pain and tiredness in your legs.

### **ELEVATE YOUR LEGS**

Elevating your legs above heart level for at least 10 minutes once or twice daily may diminish aching and swelling.

### **MOVE YOUR LEGS FREQUENTLY**

Flexing your ankles 10 times will pump the blood out of your legs like walking does. Repeat this every 10 minutes while standing or sitting and try to walk for at least 2 minutes every half hour.

### **AVOID WEARING HIGH HEELS**

Wearing high heels interferes with the normal pumping action that occurs when you walk and may lead to aching and cramping of the legs.

### **MAINTAIN A PROPER WEIGHT**

Even moderate weight loss may reduce aching in the legs due to varicose veins and diminish the rate at which spider veins develop.

### **WEAR SUPPORT HOSE**

Available at pharmacies and medical supply stores. There are many brands to choose from. Lighter support stockings are available at department stores. However, it is best to wear a stocking that is labeled "graduated" as this will really help to improve your vein function.

**Light support: 4-14 mm**

**Moderate support : 15-20 mm**

**Heavy support : 20-30 mm**

**Prescription strength: 30-40 mm or above**

**David T. MacMillan, M.D., FACS**

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## **Sclerotherapy/Laser Pre- Treatment Information**

- You should bring a pair of loose fitting shorts with you to each visit.
- You will be measured for compression stockings before or on the day of your appointment. Once you receive your compression stockings, bring them with you to each visit.
- Do not wear any lotions or other cosmetics on your legs on the day of your appointment.
- Do not shave your legs the morning of your appointment.
- Do not tan or use bottled tanning lotions 2 weeks before or after your treatment.

### **Be Patient with Your Body.**

- Spider veins take an average of 3-5 treatments spaced at least 4 weeks apart. The number of treatments may vary depending on your situation.
- Your veins will look worse before they look better.
- Discoloration varies from patient to patient, and may take weeks to months to fade completely.

**If you have any questions or concerns please contact the office.**

**(540) 552-VEIN (8346)**

**Dr. MacMillan can be reached after hours at:**

**(540) 392-1378 Dr. MacMillan Cell**

**(540) 951-1731 Dr. MacMillan Home**

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## **After Sclerotherapy/ Laser Treatment**

- The veins will look worse before they look better. Discoloration may take a few weeks to several months to fade depending on your body's ability to reabsorb the iron in treated vessels.
- Bruising, redness, local swelling and some tenderness are normal after treatment. These symptoms may take 3-5 weeks or longer to fade; but if you have any questions please feel free to contact the office.
- If there is tenderness in treated areas, you may take either take Motrin or Aleve (according to package recommended dosage) to help with any discomfort. If the pain persists call the office.
- Keep the compression hose on constantly for 48 hours. After the 48 hours you may remove the compression stockings and dressings, and shower.
- Wear the support hose continuously for 2 weeks after your treatment, except when showering and at bedtime.
- The use of public swimming pools, tanning beds and hot tubs are not permitted for 2 weeks.
- You may resume normal activities today.
- You may resume exercising in 3 days (no weights with legs for 2 weeks).
- Schedule your next follow up visit in 4-6 weeks.

**If you have any questions or concerns please feel free to call the office at 552-8346.**

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## Laser/Sclerotherapy Consent Form

I understand that medicine is not an exact science, and that though the vast majority of patients are satisfied with their results, there is no guarantee that I myself will be satisfied with the improvement of my veins after treatment. I acknowledge that the following topics have been fully explained to me, and that I understand the explanations I was given. I have had the opportunity to ask questions. I will be undergoing a vein removal procedure that involves the use of either laser application and or sclerotherapy. Dr. MacMillan and or his designated assistant will be performing the procedure. This consent form is provided as a means of education between the provider and the patient as to the methods and risks involved in vein removal. I understand that laser application and or sclerotherapy treatments may be repeated several times.

### Methods/Options:

- 1) Prior to any procedure the physician will consult the patient.
- 2) The consultation time will allow for assessment of the problem, determination of a diagnosis and development of a treatment plan and what my options are if I chose to do nothing about my vein problem.
- 3) Diagnostic evaluations utilizing Doppler and or ultrasound may be required.
- 4) Treatments may include both Laser and or Sclerotherapy, using physician-determined appropriate energy levels and dosages.
- 5) The sclerosing agent, Polidocanol, may be used in my procedure. Polidocanol is not yet approved by the FDA, but is widely used by many vein specialists in the United States and is considered by many specialists to be the safest sclerosing agent with the least amount of side effects
- 6) Photographs of the treatment area may be taken for the chart and for future comparison.

### Risks:

- 1) Pain, burning, blister formation, and stinging sensation at the treatment site.
- 2) Infection associated with the treatment site.
- 3) Pigment(color) changes at the treatment site, including hyper pigmentation(increase in skin color or darkening).
- 4) Scar formation at the treatment site.
- 5) Poor cosmetic outcome.
- 6) Reoccurrence of vessels at the treated site.
- 7) Allergic reaction possibly severe or life-threatening.
- 8) Superficial or deep clot formation (deep vein thrombosis).
- 9) Bleeding and or bruising at the treatment site.
- 10) Ulcer formation at site of treatment.
- 11) Temporary phlebitis at the treatment site.
- 12) Matting (bruised appearance that is often temporary, but sometimes permanent)

### Benefits:

- 1) Lightening of the veins in the treatment site.
- 2) Complete removal of the veins in the treatment area.

I recognize that even though any particular problem may be extremely rare, it is always possible that any patient may have one of these problems. I accept that possibility for my own treatment. I understand that I am responsible for my own medical bills. I realize that most insurance companies do not cover treatment of spider veins and that I must pay for my treatment today. I authorize this practice to submit my bill to my insurance company and to receive reimbursement. If my insurance company reimburses this practice for the services in which I am paying for today I will receive a refund of payment from this practice.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

I have discussed the above thoroughly with the patient and have answered their questions.

Physician: \_\_\_\_\_ Date: \_\_\_\_\_

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## ***Laser/ Sclerotherapy for Spider Veins***

*You may require 3 or more treatments*

*First initial treatment           \$ 295.00*

*Each additional visit             \$ 195.00*

*Thigh length Compression Hose w/ tax   \$ 84.00 Sigvaris*

**Payment is due at the time of service.**

**Price quote is good for six months from initial consultation date.**

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