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What to expect for Sclerotherapy (vein injections) and Laser Therapy

Spider veins are treated with sclerotherapy (vein injections), laser, or a combination of both. Spider veins often have “feeder veins” that need to be treated along with the smaller veins that are visible. The needle used is very small and the solution is not painful. There can be a stinging sensation if injected into the skin instead of the vein (which is common).

In laser therapy, a hot sensation occurs initially but will resolve very quickly and you will leave the office with no discomfort after the treatment. Laser therapy can be used on the very small veins. Laser therapy should not be utilized on dark complexion, light complexion, and/or recently tanning individuals. No sun exposure for 2 weeks prior to laser treatment and 2 weeks following to avoid permanent skin discoloration.

Both laser therapy and sclerotherapy are a process and require 3-5 sessions spaced out 6 weeks apart. It is important to understand that each vein may require multiple treatments before resolution is achieved. All spider veins are hereditary and can be eliminated in the immediate time period, however it is likely you will redevelop more throughout your lifetime.

After the treatment, you may experience some minor irritations. This may include a raised bump at the injection site that resembles a “bug bite” and may cause some minor itching. It is common to have some bruising and/or redness for 2 weeks post treatment. The treated veins may appear redder in color than prior to injection, this is normal and will fade over the next 4 weeks. ****Treated veins will appear worse before they look better.** Do not be alarmed. You will be asked to wear compression stockings for 3-5 days following treatment and can immediately resume low impact activities including work. If additional treatments are needed, we will wait six weeks between treatments to schedule.

Thank you for choosing Evansville Surgical Associates.

Any questions or concerns, please don't hesitate to call 1-812-424-8231.

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Information about day of procedure for Sclerotherapy and Laser Treatment

1. Wear or bring a pair of shorts to each visit.
2. Bring compression stockings treatment day. These will need to be worn immediately after each treatment for 3-5 days during daytime hours (can be removed at night)
3. You may shave your legs the morning of treatment, but do not use any lotions.
4. Laser vein treatment: No tanning bed use or sun exposure for 2 weeks prior and no sunless tanner for 2 weeks prior to treatment
5. For both sclerotherapy and laser treatment: No sun exposure /tanning bed for 2 weeks post treatment. Sun exposure increases the risk of hyperpigmentation (darkening of the skin in areas of treatment). Sunblock SPF 50 is recommended to treated areas where sun exposure is unavoidable (ex: face).
6. If you are more than 5 minutes late to your appointment, you may be asked to reschedule. Tardiness would not allow for a full 30-minute treatment.
7. Be well hydrated the day of procedure
8. Treated areas will look worse for the first couple of weeks before they resolve. Do not expect immediate results.
9. On average, spider veins require 3-5 treatments before resolution
10. Spider veins, varicose veins can redevelop overtime
11. The fee for 30 minutes session is \$300 dollars. This includes combined laser and sclerotherapy or only 1 depending on course of treatment determined to be most therapeutic specifically for you. That fee will be collected at check-in prior to beginning treatment.

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Aftercare for your Sclerotherapy (vein injection) or Laser treatment

What to expect

- Raised bump at the injection site that resembles a “bug bite.” This may cause some minor itching.
- It is common to have some bruising or redness for 2 weeks post treatment
- The treated veins may appear redder in color than prior to injection, this is normal and will fade over the next 4 weeks
- Treated veins will appear worse before they look better
- Must wait 6 weeks prior to repeat injections

Instructions

- Wear compression stockings (15-20 mmHg) for 3-5 days during daytime hours. You can remove stockings at night to sleep
- Resume normal activity immediately
- Shower normally the day following treatment
- Resume exercise the day following treatment
- You may take over the counter Tylenol or ibuprofen for discomfort
- You may use over the counter hydrocortisone cream for itching at injection sites

AVOID

- Strictly avoid direct sunlight for 2 weeks! This can cause brown pigmentation of the treated veins.
- Avoid hot baths, hot showers, saunas for 1 week after treatment as the sclerosed veins can reopen
- Avoid prolonged sitting or standing. Walking is encouraged, a 20-minute walk or bike ride every day can yield better results than strenuous exercise.
- Avoid weight training or high-impact aerobics, postpone this for one week

**If you have any concerns or questions, please do not hesitate to
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