

Five Important Questions About Spider Vein Removal

During the course of our consultations we have noticed that many patients have similar questions about the body lift and we have listed the five most often asked and important below:

Are the results long lasting? Will I need a follow up procedure?

1. Will I need a follow up procedure?

Often the results are long lasting, but there is a chance of more developing over time, therefore we discuss preventative measures to reduce the likelihood of further treatment.

2. Is the treatment suitable for smokers?

As tobacco consumption increases the risk of thrombosis, this needs to be clarified in terms of the individual's case. Post-operative care, (compression treatment etc), plays an important role.

3. Do depressions in the skin, or unevenness, remain after the treatment?

Usually problems of unevenness or depressions in the skin do not occur.

4. What is the difference between laser treatment and spider vein removal?

Laser surgery sends very strong bursts of light onto the vein and heats up the erythrocytes, (blood corpuscles). The blood vessels then absorb the laser light and shut down the vein, which slowly fades and disappears. Lasers are directed selectively, non-invasive and most effective in treating fine veins. In cases where the veins are thicker, spider vein treatment, also known as sclerotherapy, is recommended as the simplest and most effective treatment. Sclerotherapy involves the injection of a chemical known as a sclerosing solution, which irritates the spider vein and causes them to eventually disappear.

5. How can I lessen the chances of spider veins recurring?

Some people have a greater physical predisposition to getting spider veins than others. However a healthy lifestyle can help to partially compensate for this. Lying down or walking are better for blood vessels, than sitting or standing and exercises such as cycling, swimming, walking or running provide the movement veins need. In situations like having to stand for long periods or during pregnancy, varying the water temperature while showering or wearing compression stockings can be helpful.

Spider vein micro-sclerotherapy – at a glance

Length of procedure:

- Approx. ½ an hour

Post-procedure care:

- Removal of bandages at the latest 3 days later
- The wearing of compression stockings for approx. 2 weeks
- Sun protection and the avoiding of heat
- Immediately after the treatment avoid sitting or standing

Anaesthetic:

- none

Attendance time in clinic:

- none