

Treatment of spider veins using micro-sclerotherapy and lasers

Spider veins are small dilated veins immediately under the skin, and usually appear on the legs. Although laser therapy has often been described as an appropriate method, sclerotherapy using a solution containing Aethoxysklerol in various concentrations, still remains the simplest and most effective method. A laser treatment can sometimes be done for very fine veins, as an additional procedure. We also offer this at the Erich-Lexer-Clinic.

Who can spider vein treatment help?

Both, men and women, with annoying dilated fine blood vessels on their legs. It is important to exclude the possibility of chronic varicose vein disorder, and if so, this should be treated before a spider vein procedure. We recommend an ultra-sound-examination, a so called 'duplex sonography' be conducted to detect potential diseases of the venous system that need attention, before having the micro-sclerotherapy been done for purely cosmetic reasons. Should e.g. actual varicose veins exist, we can also offer surgical procedures for these at the Erich-Lexer-Clinic, as well as sclerotherapy and laser therapy.

The Consultation

During the spider vein consultation your wishes, expectations and concerns will be discussed. Next, a detailed examination of your venous system, also using ultra-sound, will be conducted and following this, other treatment options will be discussed.

How is the elimination procedure performed?

Fine needled syringes containing aethoxysclerol in varying concentrations, are used to inject the vessel. This causes the inner layer of the vessel to stick together and swell, and that is how a superficial, very fine thrombosis is developed. Following this, the treated areas are compressed, as compression is an important prerequisite for achieving good long-term results.

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

Anaesthesia:

- None

Attendance time in clinic:

- None

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Post-elimination care:

Immediately following the elimination it is important not to just sit or stand. Ideally an approximately one hour walk would be good.

1. Please leave the compression rolls on for one day.
2. Arrange an appointment for a check-up at the clinic the following day, when the compression rolls are taken off. Subsequent regular check-ups are also recommended.
3. For the next two weeks wear medically approved stockings during the day, in order to keep pressure on the legs. After about two weeks, if necessary, other areas can be treated.
4. Because of the fine thrombosis in the treated vessel, the spider vein will be even more visible in the first two weeks than before. Sometimes the treated vessel can feel like a piece of string.
5. Avoid sunbathing during the first four weeks, use high quality sunscreen with at least factor 25 protection .
6. In general, several treatment cycles are needed to attain optimal results.
7. Exposure to heat, direct sunshine and saunas expand the vessels and aggravate spider veins.