



Pre-treatment Instructions For Spider Vein Treatment – Sclerotherapy, Ohmic Thermolysis & Micro-Surgical Techniques

- **Come dressed in loose fitting clothing. (Skirt, dress, shorts)**
- **Eat a light meal or snack 1-½ hours before your appointment.**
- **Bring your compression stockings anytime you have a treatment.**
- Wear loose fitting/comfortable clothing.
- Do not use lotions, creams, or oils the night before or day of your treatment.
- Do not shave your legs the day of your treatment.
- Inform the doctor/nurse if you are taking blood thinners or minocycline.
- Inform the doctor/nurse if you are taking birth control, estrogen, or iron pills.
- Inform the doctor/nurse if you are pregnant or breastfeeding.
- **Inform the doctor/nurse if you have a history of migraines or asthma.**
- **Inform the doctor/nurse if you have allergies to latex.**
- **On average, you may need 3-5 treatments per leg spaced a month apart before resolution.**
- You should arrive at least 15 minutes before your appointment. Spider vein sessions are 20 minutes long. Approximately 10 minutes to get dressed and check out of the office.
- Photographs will be taken before and after each treatment to document progress and/or for the purpose of medical education, research, or scientific publications. You will not be identified in the photographs and your consent will be obtained before you are photographed.

Spider Vein Treatment Options

The treatment of [spider veins](#) has greatly improved in the last ten years. Several different treatment types are used to treat spider veins: sclerotherapy, laser, and ohmic thermolysis. Most patients require a combination of treatments for the best results. Dr. Bush & nurses, use sclerotherapy, laser, ohmic thermolysis and surgical techniques.

Sclerotherapy

This technique involves injecting a problem vein with a chemical solution (sclerosant). This is simple to do, performed in the office, minimal pain (bee sting) and requires no anesthetic. The chemical solution causes the blood vessel to close and it will eventually disappear. Sclerotherapy is the gold standard for treating spider veins and is also used to treat certain varicose veins.

How Does Sclerotherapy Work?

A chemical solution is injected, using a needle, into a dilated blood vessel. The chemical solution causes inflammation, which makes the walls of the vein stick together. Because of this, the treated vessel can no longer hold blood and it scars up and is eventually reabsorbed by the body.

There are two types of sclerotherapy used, liquid and foamed. Mixing a sclerosing medication with air or CO2 makes foam. The type of medication used depends on the size of the vein or your presenting problems.

What Can I Expect After My Treatment?

- You can return to your normal activities right after your treatment.
- You can go back to work after being treated. You will look worse before you look better.
- **With sclerotherapy, there is always bruising and clotting of treated veins. Some people clear up in 1-2 treatments and some people require 5-6 treatments.**

Complications and risks of sclerotherapy are rare, but may include the following:

- Staining
- Incomplete closure of the vein
- Allergic reaction
- Subcutaneous thrombus, which is a normal response
- Scabbing or scarring
- Small skin ulcers
- Formation of new blood vessels around treated area

Ohmic Thermolysis

- This relatively new treatment is done by directly placing a small needle in the spider vein and focusing heat energy (radio frequency). This device is safe for all skin types. It works better than all other methods of treatment for small reddish veins that are difficult to inject. You may experience some pain, but ice & other methods are used to minimize pain.

Complications

- Prolonged (tracking of the skin) and may take 2 -3 months for resolution.
- A tiny pit may occur where the needle was inserted, but this is rare.
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What Can I Expect After My Treatment?

- You can return to your normal activities right after your treatment
- You can go back to work after being treated. You will look worse before you look better.
- **Use Dermaka cream 2-3 times daily after spider vein treatment. Improves cosmesis and minimize bruising. Visit www.dermaka.com for more information.**
- Pick up compression stocking 18-20 mmHg at the office or a medical supply company

Call the nurse for any questions or concerns before or after your spider vein treatment.

Port St. Lucie: 772-335-3550

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