



medic art

vein clinic

VARICOSE AND SPIDER VEINS

ATTENTION

600-1335 Carling Avenue
Ottawa (Ontario) K1Z 8N8

613 722-0101

VARICOSE VEINS

A) The disease

Blood does not circulate efficiently in varicose veins. This leads to bulging of veins and bursting of spider veins on the surface.

B) The causes

Heredity is number one. Old age, working in an upright position and pregnancy are predisposing factors to varicose and spider veins.

THE TREATMENT

> Sclerotherapy: Injections

1. What is sclerotherapy?

A solution injected into the varicose vein closes up the dilated vein and changes the varicose vein into invisible scar tissue under the skin. Blood circulation has already been restored through healthy veins. The procedure destroys the incompetent veins within one to three months, and the spider veins within one to two weeks.

2. Which varicose veins are to be treated with sclerotherapy? All!

Varicose veins are treated from large deeper veins to superficial spider veins.

3. What is ultrasound guided injection (Endovenous Chemical Ablation E.C.A.)?

This is an injection of bulgy dilated varicose veins guided by ultrasound; this technique avoids surgery (stripping) in more than 95% of cases; it is done in a medical office and the patient can go to work the same day.

In very severe varicose cases stripping or surgical endovenous laser will be needed.

4. How many sessions are required?

The number of sessions required depends on the extent of the disease. Some patients need two or three sessions only, others need fifteen or more; but the average is six to eight sessions to obtain good results. Each session last about 15 minutes.

5. Is the treatment painful?

Comparable to a mosquito bite or a pin prick. The site can be sensitive for a day or two, like a bruise. During menstrual periods the treatment can follow its normal course but legs are more sensitive. Injections around the knees, ankles and feet can cause slight swelling which disappears within a few days.

6. When are the results obvious?

Pain in the legs as well as general appearance of legs improve after three or four sessions. Properly treated varicose veins disappear for good but the hereditary tendency to produce them remains.

7. What are the side effects of sclerotherapy?

i) Bruises

Bruises are very frequent during treatment. They disappear within three to four weeks. They range from small red spots to large bruises.

ii) Red cords or red lumps

Not a phlebitis. An inflammation can occur after injecting large varicose veins. It appears like a small red cord or lump at the surface of the skin. Cold water compresses reduce this inflammation.

iii) Spider veins

In some instances, small spider veins result from the treatment of larger veins. They are eliminated by injections at the end of the treatment.

iv) Pigmentation of the skin

In rare instances, a brownish coloring of the skin much like freckles can take longer to disappear, and may even be permanent.

8. Very very rare complications.

i) Allergy:

An allergy to the solution is uncommon. Some people can show redness, rash, itchiness and swelling of the skin. The reaction may go as far as an anaphylactic reaction which is extremely rare.

ii) Deep thrombophlebitis: (clot in the vein)

Deep thrombophlebitis have been reported in medical literature. Pulmonary embolism is a serious complication of deep thrombophlebitis (extremely rare).

iii) Ulcer:

It can happen if medication spills outside the vein or goes into a small arteriole; it can leave a scar; it can result in a localized nerve and/or muscle damage (extremely rare).

iv) Reversible neurologic defects:

A few isolated cases of paresthesia and/or partial loss of visual field on one side of the body have been reported. Symptoms are reversible in a few hours to a few days. If you have a migraine notify us at your next appointment.

9. What are the restrictions when undergoing sclerotherapy? None

You go on with your normal life-working, shopping, eating, exercising, etc., and the treatment can even be administered during a lunch time or a coffee break.

Wearing support hose prevent complications.

The day of treatment do not put any lotion or oil on your legs.

Two hours after treatment, or that night, the patient must take a warm bath with oil to remove the tapes - do not rip them off! If you are prescribed a tensor bandage, the doctor will advise you when to remove it.

TO PREVENT VARICOSE VEINS

- A) Exercise and do sports, wear support hose.
- B) Avoid sunburn and whirlpools.
- C) Move your toes in your shoes if you work standing up.
- D) Avoid tight clothes.

FACE: SPIDER VEINS OR BROKEN CAPILLARIES

Causes are hereditary, brisk changes from very cold to very hot temperatures, sunburns, spices, alcohol, cigarettes and hot drinks.

Treatment is similar to spider veins, a finer needle is used. A pinpoint red dot may be left which disappears in a day or two. Makeup should not be worn for 24 hours. The repeat application of ice or cold water soon after the treatment is recommended.

LASER?

Laser gives excellent results on small spider veins of the face, port wine, skin pigmentation and wrinkles. The use of laser to treat spider veins of the lower limbs is still limited.

CONTINUING TREATMENT

Because of the hereditary and ongoing nature of varicose vein formation, an annual checkup is recommended. New varicose veins can then be treated. This ensures good control of the disease and beautiful legs forever.

We invite you to call us anytime should you be worried or need additional information.