



# MEDICAL AESTHETICS

— BY DONNA —

## FACE AND BODY REJUVENATION

### **Sclerotherapy for spider veins on the legs**

#### **Pre-Procedure Instructions**

Spider veins, or telangiectasias, occur when small blood vessels near the surface of the skin become dilated and enlarged. They can form clusters or remain as single strands, and are generally 1 or 2 mm in diameter, about the width of the letter “n” or “m” on this page. They are usually red or blue in color. These are not harmful, are cosmetic in nature, and do not account for leg pain, even at the site of the vein itself. Treatment of telangiectasias can be scheduled after the successful completion of treatment for larger varicose veins, or as the only treatment in patients that have spider veins without any coexisting varicose veins.

You will need an Initial consultation prior to the procedure to be sure you are a candidate. Most people need an average of 3 treatments, spaced 4-5 weeks apart, depending on the extent and severity of the veins.

You will need **Compression stockings, 20-30 mm pressure**, thigh high, for the day of the procedure. You must bring these with you, or you can purchase at our office if your size is in stock.

#### **Day of your procedure:**

- Leg preparation – do not use oil, lotion, or powder on your legs on the day of your procedure.
- Clothing – dress in loose clothes and comfortable shoes. You can bring a loose pair of comfortable shorts to wear during the treatment.
- NSAIDS – you should avoid the use of aspirin and/or ibuprofen for a few days before and after the treatment if possible. The use of these medications could increase the amount of bruising you may develop. The treatment also works on the inflammatory process and NSAIDS could interfere with this.
- This is not covered by insurance.
- Payment is due at each session.
- There will be an average of 3 sessions 4-5 weeks apart needed for optimal results.

#### **During the procedure:**

Using a very fine needle, a “sclerosing” medication will be injected into the dilated blood vessel. This will produce inflammation, causing the walls of the veins to stick together and no longer hold blood. The veins eventually fade and disappear over a period of several weeks to months.

- There is generally minimal to no sensation involved during treatment.
- Some people experience slight burning, itching, or stinging sensations.
- The procedure is approximately 30-60 minutes in length.

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