

Patient Brochure Content Sample

Since 2001, the treatment for varicose veins has dramatically changed. Instead of old-fashioned vein stripping, new techniques allow for virtually painless correction of the problem. Heat energy from a laser or radio frequency source is now used to treat the underlying problem (saphenous vein.) The laser treatment is a minimally invasive, in-office procedure. The entire procedure is performed under a local anesthetic, which is administered around the vein. Patient comfort is of utmost importance and is monitored throughout the entire procedure. Complications from this procedure are minimal – mild bruising may occur. Depending upon the extent of varicose veins to be treated, some patients return to work the next day. Over-the-counter analgesics are usually sufficient for minor discomfort.

There are two modalities used to treat spider veins. Multiple treatments are required for optimal results (3 - 5). We may choose to use a laser first, because Lasers help to hasten the resolution process and prevent a common occurrence called "staining" (temporary pigmentation changes after sclerotherapy.) Almost all spider complexes will need sclerotherapy, even if a laser is used. Sclerotherapy is the injection of a solution into the vein to cause thrombosis of the vein and eventual resolution. The most common drugs used are Sotradecol and Polidocanol. Different strengths are used depending upon the size of the vein being treated. In most cases, multiple treatments are necessary. Side effects are rare.