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Sclerotherapy: Is it right for you?

Q&A with Eileen M. Slutsky, RN, BSN

Q: How do patients know if sclerotherapy or laser therapy is the right option?

A: The gold standard for vein therapy is sclerotherapy, but many need or like to have a combination of treatments, depending upon individual vein patterns. Each patient must be evaluated individually.

Q: Can only tiny spider veins be treated, even though I have larger bluish-type veins?

A: It is extremely important to treat in a particular order: Large, medium, then small vessels. Treating veins in this order will produce lasting results.

Q: Are the results of sclerotherapy permanent?

A: Yes. If a vein has been injected properly, then it will not reappear.

Unfortunately, hereditary tendencies exist, and new veins can develop. Periodic follow-up visits are recommended to keep legs looking and feeling great.

Q: Is it necessary to stay in bed with feet elevated for a period of time?

A: No. In fact, patients should walk at least 20 minutes twice per day to help with the healing process and allow the circulatory system to find a new healthy pathway to the heart.

Q: Is it mandatory to wear compression hose?

A: Compression after sclerotherapy helps heal the veins, promotes good venous blood flow and prevents complications. See faster clearing and less bruising, and legs feel better throughout the healing process.

Q: How often are treatments?

A: Treatments are spaced between four and eight weeks apart to allow for healing time.

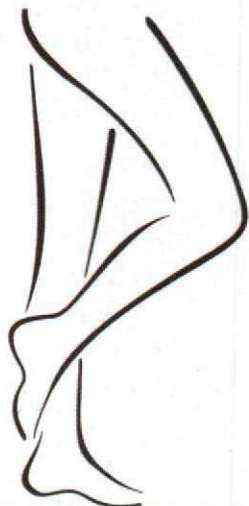
Q: How long after treatment will a difference become evident?

A: Immediately afterward, some bruising or mosquito bite-type welts can arise. But after approximately two weeks, there should be a visible yet gradual fading of veins. From two weeks to three months, the area should clear entirely.

Eileen M. Slutsky, RN, BSN, is owner of Aesthetics By Eileen, part of Davis Plastic Surgery, in Raleigh. She can be reached at (919) 785-1220 or eileen@aestheticsbyeileen.com.



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Side of leg before procedure



Side of leg after procedure

therapy. While long baths or soaks in a hot tub might be soothing, they also cause veins to enlarge and should be an occasional treat rather than a nightly routine.