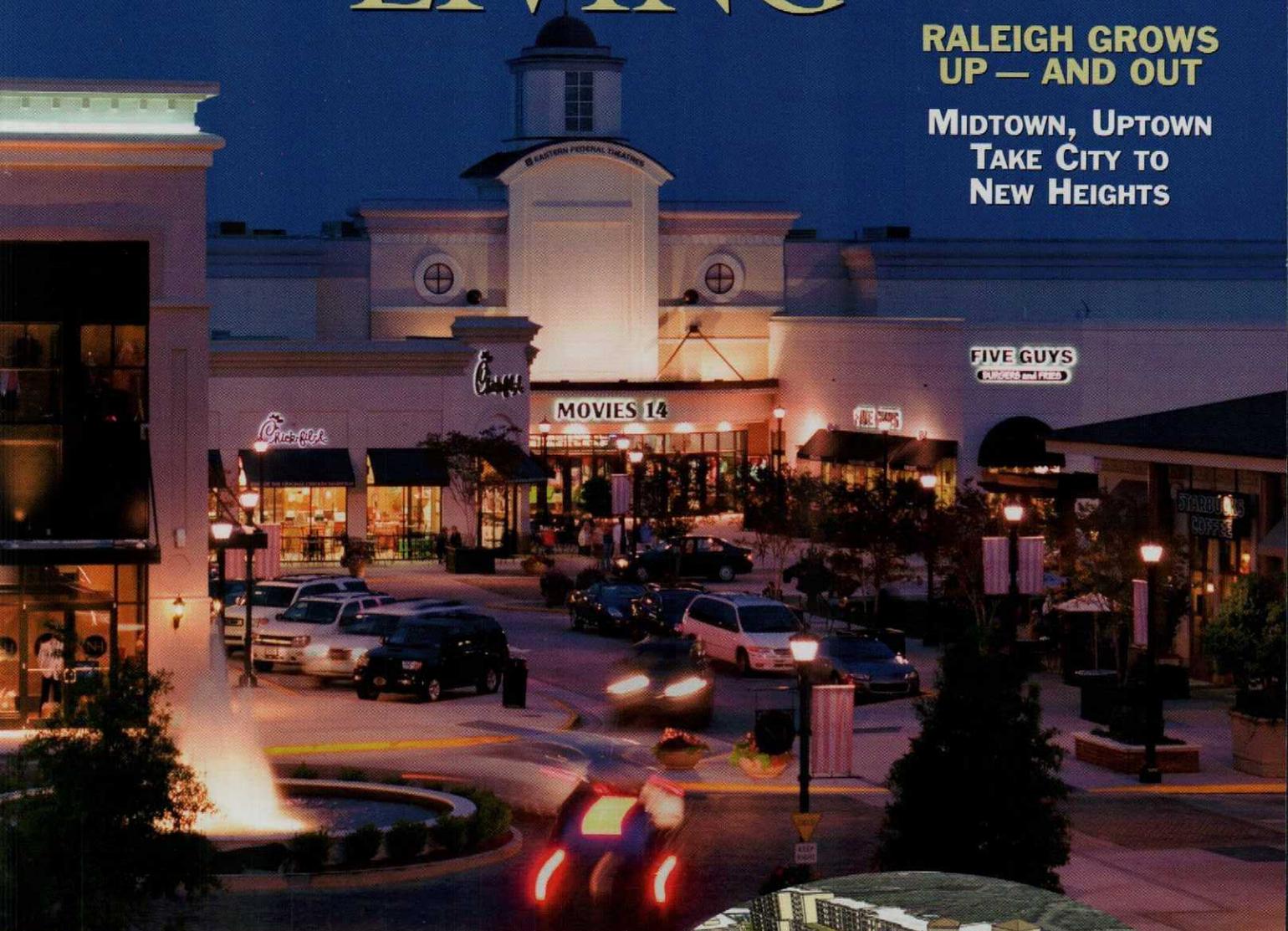


SPRING 2008  
COMPLIMENTARY

# Wake LIVING

**RALEIGH GROWS  
UP — AND OUT**

**MIDTOWN, UPTOWN  
TAKE CITY TO  
NEW HEIGHTS**



## **SPECIAL SECTION: HEALTHY LIVING**

- JOSH HAMILTON:  
BACK IN THE SWING OF THINGS**
- PLAYING THE FIELD: YOUTH SPORTS**
- RALEIGH'S HISTORIC TROLLEY TOUR**
- THE DIGITAL HOME, DEFINED**
- RDU'S NEW TERMINAL TAKING SHAPE**



[www.wakeliving.com](http://www.wakeliving.com)

# Sclerotherapy: Is it right for you?

A 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 treatments, depending upon individual vein patterns. Each patient must be evaluated individually.

**Q: Is the treatment safe?**

**A:** Absolutely. The veins that are injected are only a fraction of overall circulation, and we use only U.S. Food and Drug Administration (FDA)-approved solution.

**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: What happens if bypass heart surgery is needed in the future?**

**A:** The veins used in bypass surgery include the greater saphenous and lesser saphenous of the leg, which are not injected as part of sclerotherapy. If those veins are diseased and a surgical procedure is necessary, then they would not be a viable graft for bypass surgery.

**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. Typically, patients who wear them as directed — between three and 14 days, depending upon severity — 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 much of an area is covered with one treatment?**

**A:** Both legs, front and back, can be treated at one 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.

**Q: Can spider veins that ache and cause legs to feel heavy and tired be injected or lasered?**

**A:** Yes. The heaviness comes from broken valves that are not pumping blood to the heart. By eliminating this type of cluster of veins, legs can look and feel better.

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



## Look as young as you feel.

Dr. Raymond Cook can help you look your best. A trusted specialist in facial cosmetic and reconstructive surgery, he offers:

- Facelifts
- Forehead Lifts
- Eyelid Surgery
- Nose & Ear Refinement
- Botox
- Restylane
- Radiesse
- Artefill
- Sculptra
- Portrait\*

*Proud to be affiliated with WakeMed Health & Hospitals*

### Raymond Cook, MD

*American Board of Facial Plastic & Reconstructive Surgery*

WakeMed Faculty Physicians - Facial  
Plastics & Reconstructive Surgery

WakeMed North Healthplex

919 350.1630

cookplasticsurgery.com