



# Southern Arizona Laser & Vein Institute

6422 East Speedway Boulevard - Suite 150 - Tucson, Arizona 85710  
Phone: (520) 318-3004 Fax: (520) 318-3061 [www.SALVI-Tucson.com](http://www.SALVI-Tucson.com)

## SCLEROTHERAPY

### **How can we help?**

Southern Arizona Laser & Vein Institute (SALVI) can eliminate unsightly spider veins in just a few easy treatments, leaving your legs virtually clear and free from the appearance of spider veins.

### **What are spider veins?**

Occurring on both legs and/or the face, spider veins are small red and purple blood vessels that often resemble a spider's web, hence the name spider veins. Unlike varicose veins, spider veins are small and delicate, forming in cluster versus varicose veins which are large and swollen.

### **What causes spider veins?**

How spider veins occur isn't known for sure. Like varicose veins, similar risk factors are associated with the development of spider veins including heredity, obesity, and predisposed lifestyle and occupational conditions such as prolonged standing. More often, gender specific factors are earmarked as the cause for developing spider veins.

Nearly 70% of all adult women will be afflicted with spider veins at some time during their life. Women are at risk because of the hormonal changes experienced such as menstruation, pregnancy, oral contraceptive use, hormone replacement therapy and the use or increased levels of estrogen. Other factors that place women at risk include heredity factors, obesity and wearing of high-heeled shoes for extended periods of time.

Spider veins and varicose veins, though caused by similar factors, are not the same in any way – and one condition does not lead to the occurrence of the other.

### **Can varicose veins affect my health in a negative way?**

Unlike varicose veins, spider veins are not harmful and do not pose any direct health threat. Although most often treated for cosmetic purposes, spider veins are known to cause symptoms including dull aching, throbbing pain, night cramps, tiredness, tingling, and heaviness in legs – all seemingly worsened with menstruation and warm weather.

## **More about Sclerotherapy**

Developed in Europe in the early 1930's, Sclerotherapy eliminates unsightly and embarrassing spider veins of the legs. Using an extremely fine and nearly painless needle, the treatment involves injecting a small amount of sclerosing solution into the affected veins. This causes the veins to gently dry up and become absorbed by the body's natural healing responses.

Because blood flow is shifted to healthy veins, Sclerotherapy can improve the circulation in the legs. And despite all advancements in laser technology, Sclerotherapy still remains the overwhelming choice of doctors and patients for spider vein treatment. Why? Because it is more effective, less expensive and less painful than any other treatment available.

Sclerotherapy is an effective method of treating spider veins and the benefits are quite numerous including:

- Eliminates appearance of unsightly veins
- Return to normal activity immediately following treatment
- Quick, simple and relatively pain free procedure
- Relief of associated symptoms
- In-office treatment
- Nearly immediate visible results

### **What should I expect during treatment?**

Sclerotherapy involves the use of a fine needle to inject a solution directly into the afflicted veins. The solution (sclerosant) once injected, eventually seals off the blood vessel and prevents blood flow to continue through the treated vein.

Prior to treatment, your physician will complete a medical history to learn more about how long the symptoms have persisted and the severity of the symptoms. Before the procedure, your physician may make a recommendation to discontinue aspirin containing medications or other medications that may result in excess bleeding. Your physician will instruct you, a head of time, if the treated area should be (or not) shaved prior to your appointment.

In the standing position, the veins are marked that the skin is thoroughly cleaned. Starting with the larger veins, a syringe with a small needle is inserted into the vein area. A small amount of sclerosing solution is injected directly into the vein. When the needle is removed, pressure will be applied immediately to the treated area while the area is kneaded to help disperse the solution throughout and reduce bruising.

### **How many treatments should I need?**

Each vein may require several injections during a regiment of 3 to 5 treatments in order to achieve the desired results. Treated veins will gradually disappear over three to six months.

### **Are there any pre-operative instructions I should know about in advance?**

Yes, please refer to Page 4 for PRE-operative instructions for all of our Vein Treatments

### **What can I expect following treatment?**

Patients who have had Sclerotherapy report having only slight discomfort once the procedure is complete. A slight to moderate burning sensation may be felt after each injection but this tends to disappear within a few moments. An ointment may be used to soothe the skins surface and relieve any burning sensation. A pressure bandage or elastic stocking may be applied to prevent any post-injection bleeding.

Most patients are advised to return to normal activities immediately following their treatment – although vigorous activity will be discouraged for the first day. Walking is strongly encouraged as it increases the blood flow to the other veins.

Slight blistering or bruising may appear, but will disappear usually within a week. Fair skinned patients tend to bruise more.

### **Are there any post-operative instructions I should know about in advance?**

Yes, please refer to Page 5 for POST-operative instructions that will be provided to you at the time of your treatment.

### **Is the treatment painful?**

Sclerotherapy is a relatively painless procedure. Because the injected solution is so diluted, most patients experience only a slight stinging or burning sensation with each injection. This sensation is often relieved on it's own in just a few moments.

After the procedure, any pain should be relieved with an over-the-counter non-aspirin oral pain reliever.

### **Is Sclerotherapy Treatment covered by insurance?**

Most insurance companies do not cover the costs associated with Sclerotherapy treatment because it is most often performed for cosmetic purposes. However, some plans may include coverage if treatment is completed to relieve pain or discomfort that impedes activity or is deemed medically necessary.

At the time of your initial consultation, our staff will discuss the prescribed treatment, associated costs, and payment arrangements including your insurance coverage. Prior to your appointment, check your policy and/or call your insurance provider to find out what their coverage includes. For your convenience, SALVI accepts most major credit card.



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## PRE-OPERATIVE INSTRUCTIONS FOR VEIN TREATMENT

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance to your treatment if you have any additional questions.

### Pre-treatment Instructions:

- You may have a small meal before treatment.
- Avoid drinking coffee several hours before treatment.
- Do not wear any lotion or cream on your leg the day of treatment.
- Try to avoid sun exposure, tanning booths, artificial tanning for seven (7) days prior to treatment (improved cosmetic results).
- Patients should wear loose, comfortable clothing the day of your treatment so that they are easily put back on after treatments. Jeans or other clothes that bind your legs or are difficult to take on and off should be avoided.
- Dark clothing can absorb heat during your treatment. For your comfort, we recommend patients wear clothing, including undergarments, that is light in color.
- It is recommended that patients wear flat flip flops, sandals or shoes that can be easily slipped on after treatment. Tennis shoes, heels, and boots are not recommended.
- Please arrange for transportation if you will be receiving a sedative at the time of treatment (particularly laser and microphlebectomy)
- Eating fresh pineapple the day before your treatment may reduce bruising.
- Bring a list of your current medications/supplements.
- Make sure all of your questions are answered or please bring a list of questions to review with the doctor before proceeding.
- All financial responsibility for treatment is the patient's responsibility. While we attempt to ensure payment coverage by your insurance carrier and bill for services, as a courtesy, patients will be accountable for any denials, coinsurance and deductibles allocated by your insurance carrier.
- Patients must arrive to their treatment appointment with compression stockings. For your convenience, compression stockings are available for purchase from our offices.

**Have more questions?** Feel free to give us a call so we can help answer any questions or concerns you have prior to your treatment appointment. **(520) 318-3004**



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## POST-OPERATIVE INSTRUCTIONS AFTER SCLEROTHERAPY

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance to your treatment if you have any additional questions.

### Post-treatment Instructions:

- Avoid sun exposure and wear SPF30 sun block for one month after treatment on all treated areas that may be exposed to the sun.
- Please call us at the first sign of persistent pain or blistering. (520) 318-3004
- Use support hose worn continuously for ten days
- Leave pressure bandage on for 24 hours.
- Treatment area should be **gently** washed twice per day with tepid water and mild soap.
- DO NOT perform heavy exercise for three (3) days after treatment.
- Walking is encouraged.
- DO NOT take HOT showers, baths, use hot tubs or saunas for five (5) days.

### Post-treatment Expectations:

- Expect some redness and swelling, which may convert to a “brownish line” for eight (8) weeks.
- Leg vein resolution usually takes about 12 weeks, and sometimes as long as 3 to 6 months. At the end of this process, some vessels may be gone while others may be lighter or not affected.
- On RARE occasions, the veins may be replaced by a reddish/purplish spot called “telangiectatic matting” or “neovascularization”. This process may be temporary or permanent and may be difficult to treat.
- Patience is the key to excellent results, some veins resolve more quickly than others and improvement can be seen for up to a year.
- Remember no treatment is curative or preventative and you very likely will develop more spider veins in the future. These can be easily treated with Sclerotherapy.

**Have more questions?** Feel free to give us a call so we can help answer any questions or concerns you have after your treatment appointment. **(520) 318-3004**