

TREATMENT OF LEG VEINS

WHAT ARE THEY?

Visible leg veins are superficial veins which have enlarged and become more superficial, making them visible to the naked eye. They are not necessary for proper function, as deep veins exist to take blood back to the heart.

WHY DO I HAVE THEM?

Although primarily hereditary, some vocations and habits can increase the chance to develop leg veins. Crossing your legs habitually, or jobs which require standing on your feet put more pressure on the veins, which can make them bigger and more visible.

HOW ARE THEY TREATED?

Really large bulbous varicose veins are treated first with the endovascular laser. After this treatment, the smaller veins are treated with a combination of the 1064 laser and different wavelengths of intense pulsed light. If you have only small and mid sized veins, the endovascular laser is not needed to get started.

HOW DO I PREPARE FOR THE TREATMENT?

First of all, the skin must be sun protected, to prevent any chance of post-inflammatory hyperpigmentation (darkening) of the skin. In order to get the veins to close down, one should avoid any platelet inhibitors which may be counterproductive to the treatment, for at least a week before until several weeks after the treatment. Common platelet inhibitors include alcohol, aspirin, and NSAIA's (such as ibuprofen, naproxen, Advil®, Motrin®) or any products which contain any of these products. Topical numbing cream is applied before to make the procedure more comfortable.

WHAT DO I NEED TO DO AFTER THE TREATMENT?

After your laser/light treatment, you will need to wear support stockings or pantyhose 24 hours a day for 2 weeks. This will help compress the veins so that they close down better - when they close down and have no blood in them, they are pink and will be seen under the skin.

ARE THERE ANY POSSIBLE SIDE EFFECTS?

When the veins close down, it takes time for the blood cells in them to be resorbed back into the body. The veins may appear darker at first, but this is a temporary situation that may take weeks to months to resolve, depending on the type of skin you have.

