

## **What is Sclerotherapy?**

Safe, quick and very successful, advanced micro-sclerotherapy is considered the most effective treatment method for the removal of unsightly and uncomfortable thread veins on the legs. Advanced electrolysis is used to treat facial thread veins, milia and skin tags.

Associated with the British Association of Sclerotherapists, Alison trained in sclerotherapy in 1997, successfully treating an average of 100 new clients each year. Before commencing treatment, Alison provides an in-depth 30 minute consultation FREE OF CHARGE to assess your needs. During this, she will discuss the suggested treatment, explain likely costs, detail recommendations for both pre and post care and answer any questions or concerns you may have.

Sclerotherapy is not painful; there is minimal discomfort to the area being treated which disperses very quickly. Most thread veins can be treated over a course of three to four sessions, each taking about 30 minutes.

## **New Advanced Micro-Sclerotherapy Treatment for the Removal of Thread Veins for Men and Women**

Thread veins on the face and legs become more fragile as we grow older, breaking more easily and causing the dilated veins to appear just below the surface of the skin. These tiny red veins are known as thread veins or broken veins and can be easily, safely, quickly and successfully removed from the legs using New Advanced Micro-Sclerotherapy. Thread veins can be both unsightly and embarrassing, having a red, bluish or purple colour and often producing a dull aching in the legs after prolonged standing. In some people, they can occur in small areas which become raised with a more purple colour becoming noticeable, whilst in others they may cover larger areas of skin which are acutely disfiguring. In many cases this may cause a sufferer to always wear long skirts, thick opaque tights or trousers in an attempt to disguise the condition. However effective non-surgical treatment is now available.

## **What happens after treatment?**

- Most people feel comfortable in resuming their normal activities.
- Temporary puffiness of the treatment area should be expected, especially if you have had advanced electrolysis on the facial area.
- In rare cases a reaction related to the injection process itself may be experienced, although this may not always necessitate discontinuance of the treatment. Occasionally temporary mild bruising or a slight blush may occur at the treated site although it should be noted that if you have previously had facial herpes simplex at the site of the injection there it is possible that the injection process itself could provoke another herpes simplex eruption.
- Once a vein has been treated it will not reappear, but this does not guarantee new veins may appear in the same area, hence post treatment care and maintenance is essential.
- Aching may occur in the area treated for the first few days but this is usually relieved by gentle walking or simple pain-relief.
- Raised, red areas may appear at the treated area, usually disappearing within a few days.

- Brownish lines may appear on the skin in the treated area. These are composed of haemosclerin (iron stored in the blood) and these result from the blood escaping from the treated veins. In most cases they will disappear within a few months but in order to prevent this side effect clients are advised not to take any iron supplements (e.g. multi-vitamins) during their course of treatment.
- Very rarely people who smoke can be prone to suffer small ulcerations at the treatment site within two weeks of treatment due to the escape of solution through fragile veins. Additionally smokers are likely to heal slower than non-smokers and their fade time may be extended.
- Slight bruising may occur in the treated area of probing but this will generally disappear in a few weeks and is thought to be related to the fragility of the small veins. Blood trapped in the site treated may cause the vein to be more noticeable in the first few weeks following treatment and is an early sign that the treatment has been successful.
- Inflammation of a treated blood vessel can sometimes occur due to a rare reaction of the sclerosant on the vein. This can usually be treated with compression.

The cause of these veins is not known, although in many cases it seems to be hereditary. Oestrogen or hormonal treatment may also add to their development during puberty or pregnancy. Spider veins may develop after an injury or blow to the site and when they appear on the face it is often due to chronic sun exposure, sun burn or general overexposure to extremes of temperature. This is treated with advanced electrolysis.

Used by medical practitioners since the 1930s, sclerotherapy has been long established as a treatment for thread veins on the legs. Recent advances in technology have significantly improved the effectiveness of the treatment, much improving the results. Using a micro-probe as fine as a human hair, an irritant solution is placed directly into the thread vein with gentle pressure then applied to the area, closing off the affected capillaries so that the blood dries up and the vein is no longer noticeable. Depending upon the size of the vein, a single thread vein may have to be probed several times with 4-8 weeks between treatments, whilst in any one session a number of veins may be treated. This may involve as many as 20+ injections in any single session using varying strengths and solutions, although for more pronounced veins several treatments may be required.

Following treatment the veins will gradually fade and improve in appearance, although this may take a further 4-8 weeks. If additional treatments are required, this will usually be carried out after the maximum fade time. After treatment the area will appear temporarily more vivid in colour, but this is quite a natural and a normal response to the 'irritant solution' and will gradually fade over the following weeks. It is often necessary to repeat the treatment two to four times depending upon the original condition, and as the fading process is gradual, these veins may continue to fade for up to four to five months in extreme cases.

New Advanced Micro-Sclerotherapy is a remarkably effective and safe procedure which involves no more than a minor discomfort during treatment. Lycra support hose can be worn after treatment to help protect the site and aid the healing process.

## **How do I look after the area of treatment?**

The reaction of the skin and veins to sclerotherapy treatment varies for each individual. In most cases, only slight redness will occur, whilst other clients may develop raised lumps, similar to that of a bee sting on the leg. The thread veins often appear more noticeable immediately after treatment but will then slowly start to fade over the next 6 to 8 weeks. The fading process is gradual with treated veins slowly fading, although in heavy smokers the fading process may continue for up to 3 months following the last treatment. These reactions are quite normal.

## **Recommendations**

- Maintain normal activities including walking for at least 10 minutes in each hour – the more the better, as this milks the muscles in the legs and aids circulation in the treated area. Gentle walking helps to reduce pressure in the superficial veins. Light walking and gentle massage using stroking movements back towards the heart aids the circulation and helps relieve aching in the legs whilst aiding the healing process.
- Avoid standing for prolonged periods for approximately 14 days after treatment.
- Avoid sitting cross-legged or sitting with legs under buttocks as this interferes with the circulation of blood. Avoid very hot baths, steams and saunas immediately pre and post treatment.
- Avoid sunbeds or sunbathing immediately pre and post treatment.
- Avoid applying fake-tan or perfumed products to the treated area.
- Avoid strenuous physical activity such as step, aerobics and weight lifting exercises for approximately 72 hours after treatment.
- Avoid picking, pulling, scratching or touching the treated area.
- Avoid standing and walking in high heel shoes.
- Avoid alcohol and aspirins for 24 hours pre and post treatment.
- There are no known long term side effects of sclerotherapy treatment

## **Prior to having Sclerotherapy**

An initial in-depth private consultation with our fully qualified and highly experienced sclerotherapy practitioner will be held prior to any treatment being carried out. During this consultation the suggested treatment will be discussed, the likely costs explained and recommendations detailed for both pre and post care.

The satisfaction level of micro-sclerotherapy is extremely high and complications are rare. There are no known long term side effects of micro-sclerotherapy treatment.

**When can I start my treatment?**

Right now! Book your confidential complimentary consultation today and remember – the sooner you start, the sooner your thread vein problem can be cured.