

What to Know About

VARICOSE VEIN AND SPIDER VEIN TREATMENT

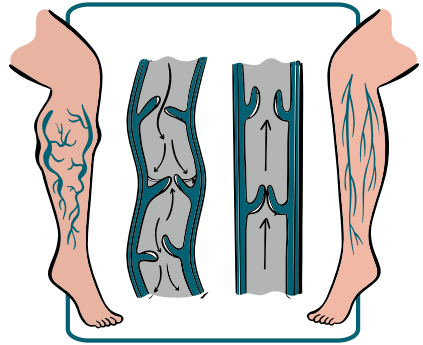


What Are Varicose Veins and Spider Veins?

More than 40 million people in the United States alone have been impacted by varicose veins and spider veins. But what are they? And why are they so common?

First, it's important to point out that varicose veins and spider veins are very different, even though they are often discussed together.

- Varicose veins are caused by a weakening of the walls or valves in your veins. Sometimes this is due to direct damage to the blood vessels—though the cause of the damage is itself often unknown. Typically, varicose veins will present in the legs or lower body. For most, they'll be purple or blue in appearance, and they'll look like disorganized clusters of raised, swollen veins.
- Spider veins are caused by the veins and blood vessels becoming compressed and twisted. As a result, you may see red or purple veins close to the surface of your skin. They may appear twisted—and they're likely to spread out very much like spider webs. In some patients, spider veins may look like mini or localized varicose veins. Typically, spider veins appear only on the legs, but they can show up in the face, too.



Some estimates suggest that 20% of all adults will develop varicose veins or spider veins at some point during their lives. And while many people assume that varicose veins or spider veins are purely aesthetic problems, both of these conditions can lead to long term and serious complications. In some rare instances, varicose veins or spider veins can even lead to life-threatening situations.

Varicose and Spider Vein Symptoms

Symptoms of spider veins and varicose veins are similar.

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They may include:

- A burning or itching sensation around the affected veins
- A feeling of fatigue or tiredness in your legs
- Skin discoloration and skin rashes
- Swelling of your ankles
- Leg ulcers
- Frequent muscle cramping and leg aches

What Causes Varicose & Spider Veins?

Most people who have varicose veins or spider veins do not experience discomfort or complications. But if you have experienced any of these symptoms—especially if you have visible vein disease—you should talk to a vascular specialist about available treatments.

The underlying causes of these conditions will vary from person to person.

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Some contributing factors may include the following:

- High blood pressure
- Smoking
- Sitting or standing for long periods of time (for example, people whose occupations require them to stand all day may develop varicose or spider veins at a higher rate)
- Prior diagnosis of blood clots
- Genetics (there is often a hereditary component to the condition)
- Hormonal changes (such as pregnancy)
- Trauma, such as an injury

Risks Associated with Sclerotherapy

In most cases, however, varicose veins can be easily treated. Your treatment options will vary depending on the nature of your vein disease. If you have concerns about your varicose veins or spider veins, you should talk to your doctor or a vascular specialist about developing a treatment plan.

Treatment options for varicose veins and spider veins will vary depending on the nature of your condition and your overall health. However, most treatment plans will start conservatively, using at-home methods and non-invasive interventions.



There is no “cure” for varicose veins or spider veins. But successful treatment can alleviate symptoms.



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Treatment Options Include:

- **At Home Interventions:** This could include treatments such as compression stockings, including regular exercise in your daily routines, a plan to quit smoking, and more. If at-home therapies do not provide the desired results, your vascular surgeon may recommend other treatment options.
- **Endovenous Radiofrequency Ablation:** A minimally invasive treatment that uses radio frequency energy to effectively treat patients suffering from varicose veins or venous insufficiency.
- **Ambulatory Phlebectomy:** During this outpatient procedure, a tiny incision is made in the area where your varicose. Your surgeon will then remove the veins from this incision.
- **Venaseal:** This minimally invasive treatment injects your veins with a small amount of a medical glue. This adhesive is specially designed to seal your veins, redirecting blood flow around your damaged veins and into healthy ones.
- **Sclerotherapy:** This treatment includes injecting a special medical solution into your varicose veins. This causes irritation in the vein and allows it to clot off and improve your symptoms.
- **Cosmetic Procedures:** You may also wish to consider cosmetic procedures designed to minimize the appearance of your varicose or spider veins.

What is Recovery From Vein Disease Treatments Like?

Most vein disease treatments are minimally invasive or, at least, performed on an outpatient basis.

At Dakota Vascular, your surgeon will provide you with detailed recovery instructions when you undergo any surgical procedure or treatment. These instructions are designed to help you heal successfully and achieve the best results possible.


Treat Your Vein Disease Seriously

Most people dislike varicose or spider veins because they seem unsightly. And for the majority of people, varicose veins and spider veins will be a very benign condition. But for some, complications may arise from your varicose veins.

This means that if you notice varicose veins or are experiencing symptoms, it's important to talk to your doctor as soon as possible.

The surgeons at Dakota Vascular are here to help you with all of your vein health needs.



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