

What Are Varicose, Reticular & Spider Veins?

Varicose, reticular, and spider veins are three related types of venous problems that may occur when veins become distended due to a 'backflow' of blood. Failure of one-way valves is typically responsible for this. Distended veins are often called 'incompetent' because they are no longer functioning properly.

Types of Venous Insufficiency

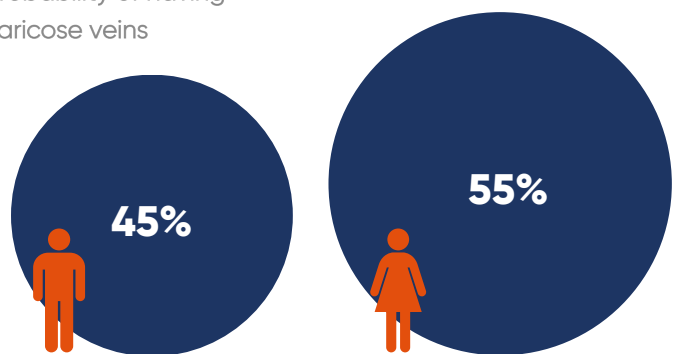


- COMPETENT**
Smooth skin suggests healthy veins
- VARICOSE**
Large, swollen veins that are visible under the skin.
- RETICULAR**
Smaller & less visible than varicose but still swollen
- SPIDER**
Thin, red, or purple veins that appear spider web-like

What Are Some Of The Symptoms?

Some symptoms of venous insufficiency include swelling, aching, heaviness, or pain in the legs, especially after standing or sitting for long periods. In severe cases, varicose veins can result in complications such as ulcers, bleeding, inflammation, skin rash, and blood clots.

Probability of having varicose veins



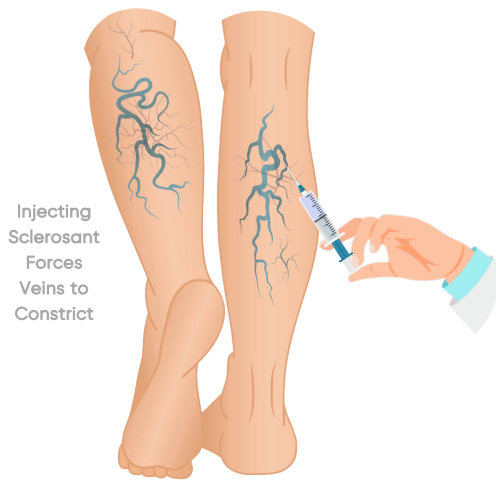
What Are The Causes?

Whilst there are no definitive causes, there are several factors that may play a role:

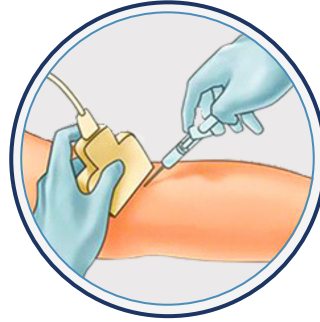
-  Family History
-  Age
-  Obesity
-  Lack of mobility
-  Previous venous thrombosis or leg injury
-  Occupations that involve a lot of standing
-  Female hormones associated with puberty, pregnancy and menopause.

Sclerotherapy

Sclerotherapy involves the injection of a solution called a sclerosant (i.e. Aethoxysklerol) into the vein using a very fine needle, which has an effect on the walls of the vein that causes it to shut down.



Ultrasound Guided Sclerotherapy



Ultrasound is used to locate the varicose vein, which helps to accurately inject the sclerosant agent.



Once the sclerosant agent is injected into the vein, it causes the varicose vein to collapse



Main Types Of Sclerotherapy



1

Microsclerotherapy

Spider veins are treated by microsclerotherapy, where Dr Theivendran will inject visible surface veins directly



2

Ultrasound Guided Sclerotherapy

Deeper veins that may not be directly visible to the eye can be treated with Ultrasound Guided Sclerotherapy (UGS), where Dr Theivendran will use ultrasound to precisely locate and treat the incompetent veins



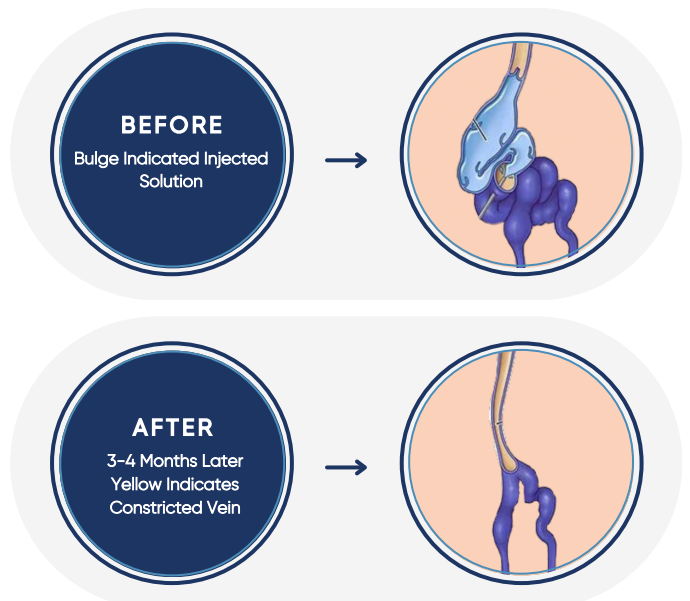
3

Catheter Guided Sclerotherapy

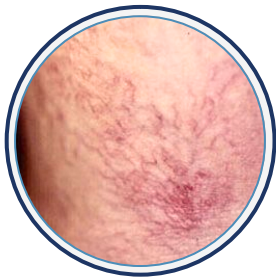
This approach involves a long catheter being inserted into the vein to deliver the sclerosant at a precise location and treat the area with minimal injections.



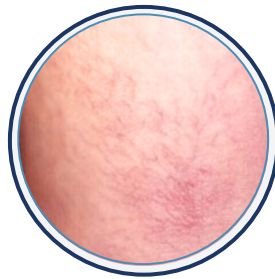
Dr Theivendran may use one or more of these techniques for sclerotherapy. He may also recommend other types of treatment, such as endovenous radiofrequency ablation, venaseal glue or open surgery.



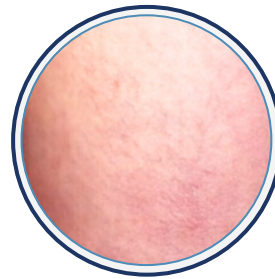
Progress Example Of Sclerotherapy Treatment



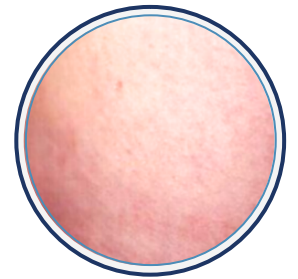
Prior to Treatment



After 1st Treatment



After 2nd Treatment



After 3rd Treatment

The Sclerosant, Aethoxysklerol

Sclerotherapy with Aethoxysklerol is generally very effective, and in around 70% of cases, the procedure achieves very good results with one cycle. Often a few treatments are required to gain these results. However, sometimes the incompetent veins can be very resistant to treatment and may not be cleared effectively by sclerotherapy. Since sclerotherapy doesn't cure any underlying genetic or hormonal causes, treated veins can recur in some cases. Usually, they can be treated again if this happens.

Some Common Side Effects

- Mild Pain
- Inflammation
- Bruising
- Swelling
- Tender Lumps
- Pigmentation
- Matting

When Will I Start Seeing Results?



6
Weeks

Over 4-6 weeks the body will start to remove the vein that has been treated.



12
Months

Optimal results may take up to 6-12 months & may require several treatment sessions.

Factors That Influence Results



Age



How quickly you heal



Severity of your vein problems



Other medical conditions you may have



How well you follow aftercare instructions

Contact Details



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St Leonards NSW 2065

Northern Beaches Hospital

Level 6, Suite 8
105 Frenchs Forest Rd West
Frenchs Forest NSW 2086

The PARKWAY San Clinic

Level 2, Suite 207
172 Fox Valley Rd
Wahroonga NSW 2076



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