

SPIDER VEINS

Spider veins don't bulge from the skin; instead, they appear as small red or purple blood vessels that branch out on the surface of the skin. This can occur from a lack of proper circulation and when blood is stagnant for too long. Spider veins occur most often around the legs, but they can appear anywhere on the body, including the face. Spider veins are often more noticeable and darker in appearance than varicose veins due to the proximity to the surface of the skin. Some of the symptoms of spider veins include:

- Veins in a sunburst or spider web pattern
- Thin, dilated blood vessels that look like hair

Although uncommon, spider veins can also cause pain. The larger the spider vein or the more surface area it covers, the more likely that pain, throbbing, or burning will occur.

Treating vein disease is vital in order to avoid critical complications. The sooner you seek treatment, the better. The first step is undergoing a consultation with the physicians at Valley Heart Associates. This allows us to get a better idea of the type and severity of vein disease you're suffering from. During this consultation, your medical practitioner will work to create a personalized treatment plan. Some options for minor problems include compression hose and lifestyle changes, while other instances of vein disease may require additional procedures. Two of the most common treatments for vein disease include radiofrequency ablation therapy (RF) and sclerotherapy.

Radiofrequency Ablation Therapy (RF)

Radiofrequency ablation therapy is a minimally invasive treatment that's commonly used for varicose veins. RF uses targeted radiofrequency heat waves to purposefully damage tissue that closes the affected vein. Once closed, the vein will reabsorb into the body and blood flow is automatically redirected into a healthy vein. It's performed as a simple, 45 minute outpatient procedure and only requires local anesthesia. RF helps to relieve symptoms of vein disease and offers minimal downtime for patients. It results in little to no scarring, and you can return to normal activity immediately following your treatment.

Sclerotherapy

Sclerotherapy is another easy outpatient procedure that's used to treat vein disease. It involves injecting the affected area with a sclerosing solution, which causes blood vessels to shrink and reabsorb into the body. The reabsorption process begins immediately, and the appearance of varicose veins or spider veins gradually fades. Similar to RF, sclerotherapy is quick and results in no downtime. There is little to no scarring, and it requires no open surgery.