

Microsclerotherapy – Frequently asked questions

What is microsclerotherapy?

Microsclerotherapy (micro-sclero-therapy) is an injectable treatment for visible veins on the legs. A sclerosant is injected into the veins using tiny needles; this is a substance which is irritating to vein walls and causes them to become inflamed or 'sticky'. In the weeks following treatment the veins close off and disappear as the inflammation causes the walls to 'stick' together.

Does it hurt?

The procedure is not painful. Tiny needles are used and people often comment how surprised they are at the lack of discomfort.

Is it safe?

Yes. The procedure has been performed on millions of people, over many years and its safety is well established.

Can everyone have treatment?

It is not suitable if a client:

- Is pregnant or breastfeeding
- Has a history of deep vein thrombosis or pulmonary embolism
- Has an allergy to the sclerosant (sodium tetradecyl sulphate, or 'fibrovein')
- Has actively inflamed or infected skin on the area to be treated

Varicose veins (large lumpy and visible veins) can be a sign of valve leakage within the big veins in your legs. Valve leakage (and resulting varicose veins) can render treatment less successful. As part of our consultation we perform an ultrasound assessment of your valves to see if there is any leakage, and will inform you if we think the procedure will not be suitable. If you have leaky valves we will recommend seeing a vascular surgeon first.

How many treatments will be needed?

This depends upon the severity and spread of the veins – we can give a better idea once we have examined your legs. Usually two to four treatments gives the best results, but some people may need more or less.

Are there any side effects?

Immediately after treatment you may have some itching and discomfort in the treated areas which can last for a week or two. The veins will look worse initially for the first few weeks – this is normal. Occasionally the treatment can cause a mild brownish discolouration in the treated area – this settles slowly over 2 years or so, and even when present the appearance is usually much better than before treatment. There is a very small risk of deep vein thrombosis after treatment but this is exceptionally rare.



How long does it last?

We treat using a Veinlite which is a bright LED device which allows us to see the feeder veins underneath the thread veins. In this way we are better able to treat the underlying cause as well as the surface veins. Treatment is both more successful and will last longer. However, although treated veins rarely re-appear, it should be expected that new thread veins will appear over time anyway, irrespective of treatment.

How many injections are involved?

This depends on the area and the severity of the veins but there are usually many small injections needed to get the best result. We use a maximum of 10ml of fibro vein per treatment, and this is often the limiting factor.

How long does treatment take?

This depends on what area is being treated, but usually treatment takes between 30 minutes and an hour.

Do I need a consultation?

Before your first treatment, yes. This is free of charge, and includes a doppler assessment of your valves, measurement of your leg (for fitting of compression stockings after treatment) and veinlite assessment.

Are there any special after-care instructions?

You should wear the compression stockings we provide for 3 days (and nights) following treatment and then during the day for a further 5-7 days. The more you wear them after this the less likely you are to develop new veins. We also ask that you avoid hot climates and hot baths, strenuous exercise and direct sun exposure for 4 weeks after treatment to get the best results. We will provide you with post-treatment instructions on the day and during your consultation.

Who performs the treatment?

The treatment is performed by one of our doctors.

How long do I leave between treatments?

Veins initially appear worse after treatment, and then slowly start to improve. We recommend further treatments at least 2 months after the last one as the results usually become most apparent between 8 and 12 weeks.

If you have any concerns following treatment do not hesitate to contact us on 0845 388 3808. If this is outside of normal office hours, please leave an answerphone message and we will normally get straight back to you.

