

**SURGICAL ASSOCIATES OF DALLAS**  
**621 N. HALL ST., SUITE 520 – DALLAS, TX 75226 - 214/826-2114**

**Injection Therapy for Broken Capillary Veins**

Varicose veins tend to gradually increase in size and number and may eventually lead to degenerative skin changes of the lower leg. Broken capillaries (spider veins) may develop from an underlying varicose vein condition, or may occur without deeper venous problems. If larger veins are present, a vein stripping may be indicated before spider vein treatment can be started or even be effective.

Spider veins can be treated by injection. This involves injecting a solution containing a sclerosing agent and a local anesthetic directly into the broken capillary. If you are allergic to Xylocaine or have ever fainted, the doctor must know this prior to the injections. Rarely a patient may have a vasovagal reaction, which is an involuntary slowing of their pulse, and this will cause fainting. This treatment should not be done if there is possibility of pregnancy. Direct pressure utilizing adhesive tape and elastic bandages encourages obliteration of the injected vein. The desired effect is for the medicine to irritate the inside of the vein causing the walls to adhere and prevent the vein from refilling with blood, thus making it invisible. You should notice a gradual fading after 2 – 3 treatments. Several treatments are usually required to obtain the desired cosmetic effect, depending on the amount of veins you have, and may be done as often as every two weeks, depending on availability of appointments. Rarely a patient will not get the desired result from injections and the treatments may be discontinued. Due to busy spring and summer months for this procedure, for your convenience please make appointments well in advance. We recommend that you bring a pair of shorts to wear for the session, and do not use lotion on your legs for one to two days prior to treatment, as the tape will not adhere well. We will wrap your legs with elastic bandages after each visit, which you should bring back with you each time.

After injections, go home and keep your legs elevated for 6 hours. This encourages the medicine to stay in contact with the vein and prevent it from refilling with blood. It also helps prevent the tape from irritating the skin. If any of the tape feels irritating to a particular area, loosen and replace it. 6 hours after the session, we recommend you carefully remove the tape. One can actually get blisters from the tape if not carefully removed. The following day, you may resume activity, but do avoid vigorous exercise such as jogging or aerobics for a couple of days. Because the tape leaves a residue on your skin, we suggest exposure to sun or ultraviolet rays of a tanning salon be avoided approximately one week as this will result in uneven tanning; also do not use quick tanning lotion for approximately one month for the same reason.

The treated areas may appear bruised approximately one week after treatment. Occasionally blood collects in the treated vein and it appears more prominent than before, but this will fade and is a normal reaction. Rarely residual blood in a vein may cause chronic staining of the skin, due to iron in the blood. A skin ulcer or sore can occur if the solution leaks into tissue surrounding the vein. This is a complication that seldom occurs but might require treatment, including even the possibility of a small skin graft. If you feel any problems have arisen from treatment, please call one of our nurses at 214/826-2114.

Finally, we recommend that you continue one or two annual visits as other veins appear.

THE ABOVE INFORMATION HAS BEEN EXPLAINED AND I UNDERSTAND THE TREATMENT AND POSSIBLE COMPLICATIONS INVOLVED:

PATIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

NURSE: \_\_\_\_\_