

TREATMENT OF SPIDER VEINS

By Dermatology Associates

Telangiectasia, or spider veins, are small dilated blood vessels that are located under the surface of the skin and are caused by dilation of capillary vessels or arterioles. Telangiectasia can cause threadlike patterns on the skin. These can form gradually and often in clusters. They are known as “spider veins” because of their web-like appearance and are common in areas such as the face, upper chest, neck, and legs.

Causes

The exact cause of telangiectasia is unknown, but they are very common and are associated with rosacea, sun damage, and aging. Other causes may include hormones, heredity, pregnancy, and certain medications. Telangiectasia may also appear after an injury. The dilated vessels can be made worse in appearance by sun exposure. Sun protection such as a hat and sunscreen should be used daily.

Treatment

No medical treatment is necessary for telangiectasia; however, cosmetic correction may be sought in order to improve appearance. Telangiectasia can be treated with lasers or electrocautery (heating the vessel). Although the lesions are sometimes unsightly, they typically aren't covered by insurance. Treatment is considered medically unnecessary.

Dermatology Associates offers the VariLite laser to treat bothersome facial telangiectasia. This laser offers a precisely controlled treatment with a pen-like hand piece. This treatment offers fewer complications and less possible trauma to surrounding tissue. Treatment is usually done in the fall and winter months in order to limit sun exposure both prior to treatment as well as after treatment.

During the VariLite laser treatment the patient will experience a mild stinging sensation. The treatment sessions typically last 15-30 minutes. Some redness and mild, localized swelling will occur at the treatment sites, but will subside



over the next day or two. Final results will be seen within approximately two weeks. A second treatment is oftentimes necessary along with a maintenance program.

To learn more about these treatments or to schedule an appointment or complimentary consultation, please call us at any of our three convenient locations. Visit us online at www.tricitiesderm.com

Sources:

<https://www.aad.org/public/diseases/cosmetic-treatment/veins>
<http://cutera.com/getattachment/1d914259-401a-4a84-b9cc-8c46981dba91/Treatment-Guidelines.aspx>

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