

## After Treatment

Wearing graduated compression stockings for the recommended time after treatment helps ensure that the treated areas heal and reduces side effects.

- **Insurance coverage** – Insurance may cover the cost of varicose vein treatment. Cosmetic treatments must be paid out of pocket, and information on the costs is provided ahead of time.

## What You Can Do to Prevent Spider and Varicose Veins

Spider and varicose veins occur in both men and women and increase with age. They are also associated with pregnancy and being overweight. You can help minimize their appearance or prevent them by:

- Exercising regularly
- Keeping your weight in a normal range
- Avoiding prolonged sitting and standing
- Not crossing your legs
- Using compression stockings
- Protecting your skin from the sun

Let the professional staff at the UAB Vein Clinic schedule your comprehensive medical evaluation. For more information or to schedule an appointment, please call 205-996-VEIN (8346) or visit us online at [uabmedicine.org/vein](http://uabmedicine.org/vein).

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## FOR YOUR VEIN HEALTH & BEAUTY



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## What You Should Know about Varicose and Spider Veins

Varicose and spider veins occur when blood being returned to the heart pools inside a vein, causing congestion and swelling of the vein. Varicose veins are swollen, dark purple or blue, and often look like large ropes or a cluster of grapes. Spider veins are small, thread-like veins that resemble a spider web just under the skin.

These conditions are not dangerous, but they can cause symptoms such as pain, leg cramps, and swelling, and some people simply don't like the way they look. In some cases, untreated varicose veins can cause skin ulcers or blood clots that require medical care.



## Varicose Vein and Spider Vein Treatments Available at the UAB Vein Clinic

For people with spider or varicose veins, treatment is available at the UAB Vein Clinic.

Our highly skilled, board-certified vascular surgeons and vein specialists combine their clinical expertise with the latest cosmetic and surgical techniques to restore health and vitality to patients' legs. Most vein treatments are performed in the privacy and comfort of our clinic, sometimes under a local anesthetic. In most cases, the recovery time is brief and there are few side effects.

## The Right Treatment Makes All the Difference

Today's treatments for varicose and spider veins are relatively painless, have few side effects, and can be performed in an outpatient setting. These treatments include:

- **Sclerotherapy** – To improve the appearance of spider veins, a solution is injected into the affected vein, causing it to collapse and fade. Multiple treatments may be needed, but sclerotherapy is the most effective treatment for reducing spider veins.
- **Lasers** – Several types of laser treatments are available to minimize or eliminate varicose and spider veins. Endovenous laser ablation is a minimally invasive technique that closes off the blood supply to varicose veins.
- **Surgery** – Depending on your diagnosis, several options are available. With phlebectomy surgery, varicose veins or vein clusters are removed through tiny incisions (cuts). Another approach uses the TriVex<sup>®</sup> system, which removes large vein clusters through tiny incisions using minimally invasive scopes (thin tubes with cameras attached to the end).