

The treatment process

The treatment involves a fine hair like needle which is applied to the dilated capillary and conducts an electrical current which causes the blood to clot, triggering a healing reaction which seals the vessel closed. The therapeutic overheating of small blood vessels by means of an oscillating electric current is called short wave diathermy. The treatment can be uncomfortable, the sensation being of a hot prick. Local anaesthetic cream can be applied before the treatment to make it more comfortable. At home cool compresses can be applied to relieve any soreness or swelling. The treatment will take about 20 minutes. An appointment will be made for you to return again in 4 weeks time to review the results and give further treatment if required. Sometimes treated veins disappear after only one treatment. However in the majority of cases facial veins usually require three treatments to fade completely. Please also bear in mind that we may not be able to treat all the veins in one session.

After the treatment

When the capillaries are treated they will blanch immediately and apparently disappear. The area will be red but this will settle down within two or three hours. There may be some local swelling. This is a natural healing reaction and helps prevent infection and hasten healing. This swelling will subside over the next twenty four hours. Some clients may or may not develop small scabs at the site of the needle insertion, which should not be picked or scratched and will fall off naturally during the course of the next seven days. These scabs may look similar to a bramble scratch. During the first two weeks after treatment the capillaries may appear to recover and may look darker than before. This is normal and they should fade again as the body breaks down and eliminates the clotted blood.

Complications

Short wave diathermy for facial veins is a safe treatment and complications are rare provided that you adhere to the aftercare instructions. However, the following complications cannot be excluded.

- Scarring;
- Infection;
- Pigment changes.

In addition, further treatments may be required as new veins may arise in the future.

Aftercare

To ensure healing without complications it is important you follow these instructions.

- Avoid touching the treated area;
- Do not stretch the treatment site;
- Apply the aftercare cream as required;
- Do not apply make-up in the first 24 hours;
- Do not pick or scratch the area;
- Avoid rigorous nose blowing if nostrils have been treated;
- Avoid extremes of heat or cold in the first 48 hours;
- Avoid energetic exercise in the first 48 hours;
- Avoid swimming in the first 48 hours;
- Protect the skin from the sun.

If you have any problems or concerns related to the treatment please do not hesitate to contact *Dr S. Foutsizoglou*.