



LASER CLINIC OF CHESAPEAKE

Laser Treatment for Superficial Leg Veins

In the U.S., millions of men and women struggle with cosmetically unacceptable leg veins. Red, blue or purple veining often appears on the legs due to heredity and/or increased pressure from pregnancy, prolonged sitting, standing or weight gain and obesity.

The Truth about Your Spider Veins

Spider veins are the result of abnormal blood flow and weakening of the blood vessel walls. These veins are superficial and smaller than varicose veins. **Spider veins are harmless and are not associated with any symptoms.** Treatment is solely of cosmetic concern. If an individual suffers from pain, swelling, fatigue or pronounced, distended veining, these are symptoms that should be referred to a medical professional and are not associated with superficial veins or to be treated with aesthetic lasers. Unfortunately, spider veins will not resolve on their own, even with the use of support stockings.

Understanding Your Superficial Leg Vein Treatment Options

Currently, the gold standard for the treatment of superficial leg veins is the Nd: YAG laser. This laser can also be successfully combined with IPL (Intense Pulsed Light) treatments for enhanced results. Both light-based technologies are offered at the Laser Clinic of Chesapeake. Laser vein treatments are fast and efficient, employing a focused beam of light in a specific wavelength to target and coagulate the pigmented blood inside the vessel, causing it to collapse (however, the laser is not attracted to and thus does not damage the surrounding skin tissue). Over time, the newly sealed vein is reabsorbed by the body and eventually disappears.

*Sclerotherapy is another option, not available at the Laser Clinic of Chesapeake, which involves the injection of a concentrated solution of sodium chloride directly into the spider vein with a needle. The solution irritates the vein, causing it to collapse. Over time, the vessel turns into scar tissue and fades away. Most individuals require a series of sessions. Side-effects of sclerotherapy include; swelling, bruising, redness and itching at injection sites. **If the solution leaks out of the vein, pain and darkening of the skin can occur.***

Advantages of laser treatment over sclerotherapy include:

- Fewer Side-Effects
- Less Traumatic to the Surrounding Skin Tissue
- Fast, Non-Invasive Procedure (*No Needles!*)
- Less Painful
- No Downtime

Are You A Good Candidate for Laser Treatment?

Potential laser clients should meet the following criteria:

- Be of Fitzpatrick Scale **Skin Types I, II or III** (not actively tanning)
- Be of Good Overall Physical & Mental Health
- Be a Non-Smoker
- Understand that the Procedure is **Cosmetic** (not a Medical Treatment for Symptoms)
- Client Has No History of Keloid, Hypertrophic or Raised Scars
- Client Has No Disease of the Blood Vessels
- Client Has No Issues with Bleeding and/or Clotting
- **Client is Not Suffering from Varicose Veins**

Our Team of Laser Professionals

The Laser Clinic of Chesapeake is proud to offer its clients comprehensive consultations and aesthetic laser treatments by trained, experienced, industry professionals. During your initial consultation, you will learn about our Medical Director, Dr. Steven Powers, M.D. and our Aesthetics Director, Nationally Certified Aesthetic Laser Operator & Certified Laser Safety Officer, Kimberly K. Young, CLO/A and her knowledgeable team of Laser Assistants & Administrators.

The Laser Clinic of Chesapeake is dedicated to providing you with the best cosmetic laser treatments in the Hampton Roads area, to include; Skin Rejuvenation, Fractional Skin Resurfacing, Near-Infrared Skin Tightening, Superficial Leg Vein Treatment and Laser Hair Removal employing the **Harmony XL™** laser by Alma Lasers.

Read our fantastic online reviews from hundreds of satisfied aesthetic laser clients, and then come in to meet the team for yourself!

What to Expect During Your Laser Leg Vein Treatment

The average session takes less than an hour and is administered without anesthesia or topical numbing agents. The Laser Clinic of Chesapeake employs a cold-air chiller to constantly cool the skin during the procedure, resulting in a more comfortable client treatment experience. However, clients should expect to feel brief and minor discomfort as the laser deeply penetrates the skin to heat the effected target. A slight “stinging” sensation is often reported.

After Your Laser Procedure

Post-procedure, the area may appear red (like a cat scratch) and/or bruised with “Goosebumps” upon the skin that should dissipate within the next few days. It is very important that clients refrain from sun exposure and healing can be further facilitated by wearing support stockings and elevating the legs while sitting or sleeping. Pain is classified as “minimal”, like sunburn, and clients may use any over-the-counter pain relievers that their physician has approved and that their body has tolerated well in the past. There is **no downtime** and normal activities can be resumed, however, the Laser Clinic of Chesapeake suggests that some sports or strenuous activities be postponed for the next 7-14 days to allow the body an optimal environment for successful healing. Also avoid prolonged sitting or standing whenever possible as good circulation is key.

Post-treatment, the vessels beneath the skin will gradually change from a dark blue to light red in color, eventually absorbing back into the body. With every single treatment, the area should show signs of improvement. Some possible pigmentary changes (tan, brown or gray in color) may be visible when treating larger veins and should subside within the following months.

It is important to note that results are not immediate and final results are not apparent until several months post-treatment. The majority of clients experience satisfactory vein clearance within 6-9 months following their final treatment.

How Many Treatments & How Often?

In most cases and depending upon the size and number of veins present, the treatment recommendation is a series of 4-6 treatments, spaced every 4-6 weeks. Because laser treatment of superficial leg veins does not suppress new veining from forming and appearing, additional treatments may be required in the future. Likewise, individuals with a natural tendency towards vascular issues will most likely require additional treatments.

Maintaining Your Results

Although there is no cure for superficial leg veins, post-treatment, clients can take action to protect their investment and results, such as:

- Avoiding Constrictive Clothing
- Avoiding Crossing the Legs While Seated
- Avoiding Sitting or Standing in One Position for Long Periods of Time
- Exercising Regularly to Increase Circulation
- Losing Weight or Maintaining a Healthy Weight

Your Investment in Lovelier Legs

The major benefit of cosmetic laser leg vein treatment is the enjoyment of a more youthful and healthy appearance of the previously affected area. No more long pants in the summer!

Although laser treatment of superficial leg veins is not covered by insurance, it is surprisingly affordable at an average of **\$200-\$400** per treatment session for minimal to moderate veining. Heavy veining can run upwards of **\$650** per treatment session. A comprehensive consultation is required separately and prior to any laser leg vein procedure.

Call **(757) 204-4866** today to schedule your FREE consultation and be well on your way to clearer skin and **lovelier** legs!