

# Ultimate Skincare & Beaute Report, LLC



## Skincare Tip of the Week: Spider Veins vs. Varicose Veins



Many women between the ages of 30-50 suffer from unsightly spider veins and varicose veins, leaving them self-conscious and hesitant to wear anything with a shorter hemline. The good news is that there are multiple treatments available to help them disappear.

Cosmetic Dermatologist, **Dr. Paul Jarrod Frank**, offers a variety of treatments to get rid of spider and varicose veins at his practice, **The 5th Avenue Dermatology Surgery & Laser Center** in NYC. He is available to discuss each treatment listed below, as well as what distinguishes spider veins from varicose veins.

### Spider Veins vs. Varicose Veins:

**Telangiectasias**, better known as **Spider Veins** are small dilated blood vessels near the surface of the skin. They can develop anywhere on the body but are commonly seen on the face around the nose, cheeks, and chin. They can also develop on the legs, specifically on the upper thigh, below the knee joint, and around the ankles. Typically harmless, spider veins appear in a circular network pattern and are light purple in color.

**Varicose veins**, typically found in the pelvis area and legs, are abnormally enlarged, bulge out of the skin, and can cause pain and discomfort. When veins fail to function properly, blood circulation is interrupted and the blood begins to collect in the veins, which is what creates the protruding effect.

The cause of spider veins varies, but typically they are genetic or age related. Spider veins in legs are often related to the presence of hypertension within underlying varicose veins. However, other factors that contribute to the development of varicose and telangiectatic leg veins include age, gender, pregnancy, and lifestyle or occupation. Added factors include acne, sun damage, trauma, and other systemic diseases.

### Treatment:

**Sclerotherapy** - This non-invasive, painless procedure, injects a solution into the veins, allowing them to shrink and gradually disappear. The solution, either Asclera or Polidocanol, is injected in a series of 2-5 treatments separated by 2-4 weeks..

**Laser Therapy** - Although laser therapy is not always the first line of treatment in the battle against leg veins; the V-Beam vascular laser treats smaller vessels, which Sclerotherapy can not treat. V-Beam laser treatments provide excellent results by reducing the dark areas without damaging the surrounding skin. Since it is a non-invasive treatment, patients experience minimal pain during the procedure and little downtime.

**Ambulatory Phlebectomy** - is a minimally invasive procedure to permanently rid your body of large protruding blue veins that can be painful and unsightly. Using only local anesthesia, Dr. Frank is able to surgically tie off and tease out the large veins through small incisions, permanently removing them, and preventing worsening of surrounding vessels. You won't miss a single workout or night out.