

Sclerotherapy is a minimally invasive procedure that has become the standard of care for the treatment of both telangiectasias and varicose veins. The procedure involves injecting a sclerosing agent directly into the affected veins, causing irritation and fibrosis of the vascular endothelium, leading to thrombus formation and eventual obliteration of the treated veins.

Patient selection is critical in achieving optimal outcomes. The procedure is most effective in treating small to medium-sized veins, and patients with large veins may require additional treatments or alternative therapies, such as endovenous laser ablation or surgical intervention. Additionally, patients with a history of deep venous thrombosis or other significant medical conditions that increase the risk of thrombosis should be evaluated carefully prior to treatment.

The choice of the sclerosant, the concentration, the volume per injection site and the injection technique play a critical role in the success of the procedure. Proper technique involves the use of small-gauge needles, precise placement of the sclerosing agent, and the use of compression stockings to prevent complications such as thrombosis and hyperpigmentation.

Although sclerotherapy is generally well-tolerated, possible complications include allergic reactions, skin necrosis, and deep vein thrombosis. Patients should be carefully monitored for signs of complications, and appropriate management initiated if necessary.

Post-procedure care is also essential in optimizing outcomes. Patients should be advised to avoid prolonged standing or sitting, engage in regular physical activity, and wear compression stockings for several weeks after the procedure to promote venous flow and reduce the risk of complications.

In conclusion, sclerotherapy is a safe and effective treatment option for both telangiectasias and varicose veins. However, proper patient selection, injection technique, and post-procedure care are critical in achieving optimal outcomes and minimizing complications.