HAND AND ARM VEIN TREATMENT

Veins on our hands get bigger when we get older. With age, the tone of our skin diminishes and fat on the back of our hands fades. Veins are more visible with exercise and with hot weather. These factors together make the veins protrude more.

WHY DO VEINS GET BIGGER?

Why do the veins on our hands get bigger when we get older?

- With age the tone of our skin diminishes.
- With age (post-menopausal), fat on the back of our hands fades.
- Veins are more visible with exercise and with hot weather.
- Chronic intake of some medications can make your skin thinner.

Together these facts make the veins protrude more giving away more than most of us would like about our age.

FOAM SCLEROTHERAPY FOR HAND VEINS

This injection technique eliminates these veins successfully without surgery. A foam sclerosant is injected into the undesirable veins which blocks them off. The body then re-absorbs the veins.

Pros

- No anaesthetic
- No Hospital admission
- No scan
- Inexpensive
- Minimal discomfort
- Done in the clinic

Cons

- Compression gloves need to be worn for a minimum of 1 week following injection of veins.
- Some trapped blood may remain in the veins but can be removed with a needle.
- More than one treatment session is required – typically 3 sessions.
- An excellent cosmetic outcome is achieved but the final result takes a few weeks to achieve.

The long term outcome of foam sclerotherapy is that hand veins are removed and usually do not return or only reappear to a very limited extent.

SURGICAL TREATMENT OF HAND VEINS

We used to use surgery to remove hand veins. Whilst this is effective, it is more invasive and costly than foam sclerotherapy so now we only rarely treat hand veins in this way.

IS IT SAFE TO REMOVE HAND VEINS?

Prominent hand veins are normal veins – these are not varicose veins that are found in the legs. Their function is to carry blood back from the hands.

However, there are many veins on the surface of the hands as well as deeper beneath the surface. Those on the surface can be safely removed or injected and destroyed without causing any significant problem. In the first week or two following treatment some swelling of the fingers may occur. This subsides after a about 2 weeks and does not return.

Injection treatment is unlikely to cause any damage to nearby structures in the hand. However, it is common to find that some blood is trapped in the veins after treatment, even when compression gloves have been worn for 2 weeks. Fortunately, any trapped blood is readily removed from the veins with a needle leaving an excellent result.

COMPLICATIONS FOLLOWING TREATMENT

Significant complications following treatment are very uncommon. There is often some bruising afterwards which settles in a few days. The most frequent problem we manage is lumpiness of treated veins. Trapped blood is removed from the veins to get rid of the lumps.

The main potential hazard of this treatment is injecting an artery which may cause severe and extensive damage to the tissues. So the treatment must be done by a very experienced practitioner. We carefully evaluate the circulation in the region of proposed treatment and avoid any underlying artery.

Drugs used during treatment

The drugs that we most commonly use to treat hand veins are Sclerovein (polidocanol) and Fibrovein. These drugs are widely used for the management of varicose veins. We have extensive experience over many years using this treatment and have found it to be the most satisfactory way of managing prominent hand veins.

Insurance companies

Hand and arm vein treatments are regarded as cosmetic treatments and in general will not be covered by medical insurance.

For further information or assistance please contact:

Mr John Scurr
Mr Coleridge Smith DM FRCS

The Vein Clinic
Suites 509-510, Q house
76 Furze Road, Sandyford
Dublin 18
01-2937839

HandVeins-info 2016.doc

Mr John Scurr FRCS
Mr Coleridge Smith DM FRCS

01-2937839

www.varicose-veins.ie

HAND VEINS
Removal of hand and arm veins