

LOVE YOUR LEGS AGAIN...

June is here and we are wearing capris, shorts, swimsuits, biking shorts, etc... and some of you are noticing those spider veins on your legs... you don't have to live with them.

If your veins are unsightly or uncomfortable, they can be treated by injection of a solution that will cause them to disappear. This procedure is called sclerotherapy. Both spider veins and large veins can be treated with sclerotherapy.

Men and women of any age may be good candidates for sclerotherapy, but most fall in the 30-to-60 age category. In some women, spider veins may become noticeable very early on - even in the teen years. For others, the veins may not become obvious until they reach their 40's.

Sclerotherapy can improve your condition, but it's unrealistic to believe that every affected vein will disappear completely as a result of treatment. The tiniest veins may be too small, and may need a laser to treat, if possible. The largest veins may need micro-excision. After each sclerotherapy session the veins will appear lighter. Some patients may need two or more sessions to achieve optimal results.

Sclerotherapy is used to improve the cosmetic appearance of spider veins and to relieve some of the symptoms associated with spider veins; including aching, burning, swelling and night cramps. It is the primary treatment for small varicose veins in the legs.

The procedure uses a very fine, thin needle to inject a sterile sclerosing solution into the small veins. When the sclerosing solution is injected directly into the spider or varicose veins, it irritates the lining of the vein, which causes it to swell, clot, and stick together. Over about six weeks, the vessel turns into scar tissue that fades from view. During those six weeks it is more unsightly, so it is best done in the fall or winter.

Dr. Van Raalte can do this procedure right here at Iowa Plastic Surgery. The procedure is usually completed in 30-45 minutes. You may experience mild pain when veins are injected, but 98% of our clients have tolerated this well.

After the treatment you will be instructed to wear support hosiery or compression wraps to "compress" the treated vessels. In general, spider veins respond to sclerotherapy in three to six weeks, and larger veins respond in three to four months. If the veins respond to the treatment, they will not reappear; however, new veins may appear over time.

If you need more information on this procedure please contact [Christina](#) at (563) 322-8877.

Ask about our September discount for this procedure.



NEWS ON BOTOX AND HYALURONIC ACID DERMAL FILLERS...

Despite what some may think, people aren't hiding their use of Botox® Cosmetic and hyaluronic acid fillers. In fact, according to survey statistics released this week (June 1, 2009) by the Aesthetic Surgery Education and Research Foundation (ASERF), the research arm of the American Society for Aesthetic Plastic Surgery (ASAPS), nearly nine out of ten respondents (87%) openly discuss their Botox® Cosmetic and hyaluronic acid dermal filler treatments with others, with seven out of ten (70%) receiving support from the people they told.

Findings of the survey found that 72% of respondents receive Botox® Cosmetic injections to treat their glabellar line - also referred to the "11" - the frown lines in between the brows, while 63% of those surveyed received hyaluronic acid dermal filler injections to treat their nasolabial folds - also known as the "parenthesis" - the lines around the nose and mouth.

A few of the most frequently cited reasons to receive treatment with Botox® Cosmetic was "to look more relaxed, less stressed" while patients reported choosing treatment with hyaluronic acid dermal fillers to "look more rejuvenated."

Please see our Iowa Plastic Surgery June Specials for specials this month on Botox® and Juvederm™.



BE SAFE THIS SUMMER...

June is National Safety Month, and the American Society of Plastic Surgeons is urging you to help reduce devastating lawn mower-related injuries. Dr. Van Raalte is a member of ASPS and has seen many types of these injuries in the E.R. including finger injuries, and sadly leg injuries in children. He is urging you to help reduce devastating lawn mower-related injuries by watching the video "When Lawn Mowers Attack". Link to the video www.plasticsurgery.org



Lawn mowers don't "attack" on their own. Most injuries - such as severed fingers and toes, limb amputations, broken bones, burns and eye injuries - can be prevented by following a few simple safety tips:

*Children should be 12-years-old before they operate any lawn mowers, and 16-years-old for a ride-on mower.

*Children should never be passengers on ride-on mowers.

*Pick up stones, toys and debris from the lawn to prevent injuries from flying objects.