

## FACIAL SPIDER VEINS FACT SHEET

Spider Veins on the nose and cheeks are common and may cause considerable embarrassment. Spider veins on the nose, cheeks and face are frequently referred to as thread veins or broken veins.

The medical term for these veins is facial telangiectasia. These are small blood vessels in the skin typically measuring less than 1 mm. Many people find them unsightly and embarrassing.

They may be congenital, that is you may have been born with them or they may have developed over the course of many years.

Sun exposure is the main aggravating factor for their appearance, but other important causes are liver disease, rosacea, smoking, use of steroid creams and alcohol. Many people who have an out-door occupation such as farmers, window cleaners, gardeners or builders can get them because of sun exposure and ultraviolet damage to the skin. However, those with out-door hobbies and those who take part in sport can be affected: for example people who sail, enjoy walking or hiking or those who take frequent holidays to the sun.

Both men and women can be affected and many are worried not only about the appearance but also about the stigma of being labelled a "boozer" or an alcoholic.

Fortunately, they can be treated very simply using a medical procedure called Short Wave Diathermy. After applying local anaesthetic cream, a sterile single-use needle is used to apply a precise medical electrical current to the blood vessel. The electrical current closes the blood vessel and over the course of a few weeks it disperses. In general the results are excellent. It is important to address any predisposing factors to minimise the risk of the spider veins reappearing.

For some people this may mean referral to a dermatologist, but for most people with facial veins, the risk of veins developing again can be minimised by the regular application of a good quality UV-protecting sun cream to the area.

For more information about Facial Spider Veins, visit

<https://www.theveincarecentre.co.uk/contact/>

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