

TREATMENT OF TELANGIECTASIA

dilated small vessels in face and neck

Cosmetically disturbing dilated veins (telangiectasia, spider naevi) in the face, neck and chest are common. Effective treatment is available with laser- and flashlamp technology.

Principle

Treatment of telangiectasia is based on selectively heating small intracutaneous blood vessels, causing coagulation of the vessels, without harming surrounding structures. The Medart laser uses monochromatic high energetic light. To achieve a considerable reduction in the amount of visible vessels, 1-3 treatments are required, separated by an interval of several weeks. The Quantum flash lamp uses pulsed intense visible light (flashes), needs more sessions and is especially suitable for darker skin.

Dilated blood vessels in the face, neck and on the chest can be treated effectively.

Varicose leg veins, which are caused by a different mechanism, cannot be treated by this technique.

Treatment

The cooled crystal head of the hand piece is placed on the skin with a coupling gel in between. The short pulses (milliseconds) cause a short lasting burning sensation that is usually well tolerated. Treatment does not take long, afterwards cooling packs are used for some minutes.

Side effects

There are no long-term side effects. Some redness may appear for a few days, sometimes combined with a mild swelling and formation of fine crusts and purple coloring of the bigger vessels. Make-up can be used right away. Development of a change of skin color is exceptional and transient. This occurs mainly in dark or tanned skin.

Practical advice

During the treatment the skin should not be tanned by sunlight or artificial UV-light. A tanned skin hampers the penetration of light and increases the risk of burns and discoloration. It is therefore mandatory to avoid exposure to the sun or artificial UV light one month before and one month after treatment.

Comparison to electric needle coagulation

Electric needle coagulation treats every vessel separately and hits only bigger vessels. Laser/flashlamp therapy hits also small telangiectasias.

Other treatment options in our clinic

- long term hair removal by laser or flashlamp
- glycolic acid peelings as part of the treatment of acne and melasma
- camouflage, manual lymph drainage and treatment of excessive perspiration (Botox)
- electric needle hair removal (electrolysis) in case of hairs not suitable for laser treatment

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