



Venous Lake Treatment with Nd:YAG Laser

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Introduction:

This bulletin presents the case of a 65-year-old male with a venous lake located on the upper lip. We used the protocol treatment shown in the table above. No skin preparation was required. The procedure is performed under topical anesthesia (lidocaine 20% + prilocaine 10% + tetracaine 5%), which is applied to the lesions 30 minutes before. Ten minutes before starting the procedure, ice is placed over the lesion to minimize bleeding.

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|----------------|--------------------------------------|
| Laser | SP Dynamis |
| Wavelength | Nd:YAG (1064 nm) |
| Pulse duration | VERSA (25 ms) |
| Fluence | 120 J/cm ² |
| Frequency | 1 Hz |
| Handpiece | R33-T |
| Spot size | 4 mm |
| Passes | 1 |
| Cooling | Yes |
| Sessions | Single session for total elimination |



Drs. Julio and Sebastian Velez are Colombian dermatologists who graduated from Universidad del Bosque and University Foundation for Health Sciences, respectively. They are committed to research and education, performing as adjunct professors at the Del Rosario University and the Universitaria Sanitas Foundation.

They currently work with the SP Dynamis Pro and StarWalker Q-Switched system in their private practice, Medical Art. They also provide pro bono services at the University Hospital Federico Lleras Acosta Dermatological Center.

CLINICAL CASE:

This protocol uses Nd:YAG (1064 nm) VERSA long pulses with a R33-T handpiece and a 4 mm spot size. Usually, these kinds of lesions are dark, with a very slow flow rate. We used a long pulse duration (such as 25 ns) and high fluence (120 J/cm²) with 1 Hz. Just one pass over the lesion was necessary to eliminate it.

The procedure requires cooling. After the procedure, no epithelializing cream is needed and photoprotection can be started immediately after the treatment. A single session is sufficient for total elimination of the lesion.



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