



Facial Telangiectasias Treatment

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Introduction:

Spider veins are small dilated blood vessels that can occur near the surface of the skin or mucous membranes, measuring between 0.5 and 1 millimeter in diameter. They can develop anywhere on the body but are most common on the face around the nose, cheeks and chin. Dilated blood vessels can also develop on the legs, especially if the patient has an underlying venous reflux. Telangiectasias are mostly a cosmetic problem and do not cause any damage to overall health or require treatment. These vessel abnormalities can be improved or removed using laser therapy, sclerotherapy, or excision surgery. Laser therapy is minimally invasive and generally the most straightforward treatment for facial telangiectasia with the least amount of side effects. Laser treatment can seal the widened blood vessels by heating the blood within the vessels.

Laser	SP Dynamis
Wavelength	1064 nm
Handpiece	R33
Fluence	250 – 300 J/cm ²
Pulse duration	10 ms
Mode	VERSA
Frequency	1 Hz
Spot size	2 mm
Sessions	2 sessions, 6 weeks apart



Dr. Anže Zorman graduated from the Medical University of Ljubljana, Slovenia. He did his internship at the Medical Center Novo Mesto, Slovenia and from 2013 to 2015 practiced medicine at the Health Center Sežana as a General Practitioner and Emergency Doctor. He joined Fotona in 2015 as a clinical expert specializing in dermatology, aesthetics and surgery. Since then Dr. Zorman has been involved in the development of new applications and user education. In addition to being a researcher and regular lecturer for LA&HA, he also works at the Medilase laser aesthetic center in Ljubljana since 2016.

CLINICAL CASE:

A 62 year old man came in the clinic complaining about “broken capillaries” on his face, mostly cheeks. He has not been treated for this problem before. We proposed using laser to reduce or even completely remove this problem for him. No special pre-treatment was used. In our experience approach using high fluence small spot size and extensive contact (ice cubes) and cold air (Zimmer) cooling gives the best possible results with minimal number of sessions. Most of the blood vessels have been removed with one session but second was also performed in order to improve the outcome additionally. Patient scored the pain level as 2-3/10. A corticosteroid ointment was used immediately after the procedure. Patient was advised to limit the sun exposure in the 10-14 days after the laser therapy and use chemical or mechanical sun protection when under the sun.

Before and after treatment, left side



Before and after treatment, right side



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