



Laser Treatment for Leg Telangiectasias

Foo Wing Jian, MD

Introduction:

Spider veins, also known as telangiectasias or thread veins, are prominent clusters of damaged small blood vessels in the skin. They can appear as red, blue, or purple tortuous line branching out from a central locus resulting in a spider-like appearance. They are most often found on the legs but may also occur elsewhere, particularly the face.

Majority of patients do not have any significant medical symptoms attributable to such spider-veins; in fact, the associated complaints are predominantly aesthetic.

There are many local therapies for treatment of spider veins such as compression stocking, sclerotherapy, thermocoagulation, microphlebectomy and different types of vascular laser i.e argon laser, pulsed dye laser, KTP laser, pulse diode laser, etc.

Fotona Long Pulsed Nd:YAG laser is a safe and effective treatment modality to treat spider veins in a minimally invasive way.

Laser	Fotona Spectro
Wavelength	1064nm
Handpiece	R33-T
Fluence	180-200J/cm ²
Mode	Versa
Pulse duration	25ms
Frequency	1
Passes	2-3
Spot size	3mm



Dr. Foo Wing Jian is an aesthetic doctor based in Kuala Lumpur Malaysia. He received his medical degree from UCSI University, Malaysia in 2013. Dr. Foo is a Diploma holder of American Academy of Aesthetic Medicine and he has completed his Post-graduate Training in Dermatology in Malaysia, in 2017. He is currently the Medical Director of Premier Clinic Mont Kiara Malaysia.

CLINICAL CASE:

A 46-year old lady came to the clinic with the concern of purplish veins over the back of both calves, which developed for more than 15 years, worsening with time. She is not obese, seldom wears high heels and her lifestyle does not involve prolonged standing or strenuous sports.

Fotona Long Pulsed Nd:YAG laser was proposed. Topical anesthesia (EMLA) was applied for about 15 min before the procedure and removed directly before the start of the procedure.

Fotona SP Spectro Long Pulsed Nd:YAG Laser was used, with the following specifications: Wavelength 1064nm, Handpiece R33-T, Spot size 3mm, Fluence 180-200J/cm², Versa Mode, Frequency 1Hz, till end point seen - darkening, shrinking or disappearance of vessels.

Cool air was introduced before, during and after the procedure.

Three sessions with the parameter shown above was performed. Post-procedure care consisted of epidermal repair ointment for the next 5 days to aid with disappearance of redness post laser, adequate skin hydration and prevention of PIH.

The photos were taken before the procedure and 3 weeks after the third session.

Before Treatment (Left)	3 weeks after 3rd Treatment (Left)
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Before Treatment (Right)	3 weeks after 3rd Treatment (Right)
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