

CASE STUDY: Aesthetics (Sclerotherapy)

Indications/Patient Presentation

- 48 years of age - female
- Complaining of “unsightly spider veins” to legs preventing her from wearing shorts or skirts.
- Healthy, active female with NKA or medications taken.
- No cyclic symptoms or noted prior venous incompetence

Objective Findings:

- Physical exam shown to be non-contributory
- Scattered telangiectasia in patches without obvious feeding reticular veins, concentration in the lower legs.
- States asymptomatic with history of vessels developing over last (5) years since changing profession. As part of employment she is now required to stand for prolonged periods at work.
- Pedal pulses 2+, no edema noted.

Treatment

- Sclerotherapy to vessels using 3ml total – 0.25% STS, legs wrapped for (24) hours followed by compression hose 15-30mmHg for (2) weeks.
- Advised patient to take off compression hose prior to bed at night.



Follow-up (4) weeks post-treatment

- 75% reduction noted on assessment. 0.5ml 0.25% STS administered to larger remaining vessels and laser to smaller vessels remaining.
- Laser used was a 1064 Nd:Yag 1.5mm 35PW 420-470J with contact cooling and transmission gel.
- Legs wrapped for (24) hours followed by compression hose 15-30mmHg for (2) weeks.



Follow-up (6) weeks post-treatment

- Follow-up showed 90% absorption of vessels with some post treatment pigmentation. Pigmentation is transient and was treated with hydroquinone topically to help reduce pigmentation.

Conclusion:

- Patient happy and satisfied with appearance and with the reduction in appearance of vessels.
- Follow-up plan is to have the patient come back every (6) months or as needed for additional maintenance.