

# **Vascular Laser**

Dr O'Connor and Dr Gibson use the 595nm pulsed dye laser ( V Beam) to treat prominent blood vessels on the skin e.g. rosacea, birthmarks, angiomas, facial thread veins.

## **How does the laser work on vascular lesions?**

Laser light penetrates the outer layers of skin reaching the blood vessels below. Targeted blood vessels soak up all of the energy in the beam and are destroyed by the brief but intense heat. The body removes the damaged tissue naturally and the resulting bruise fades normally.

## **Why doesn't the laser damage the skin and tissues around the blood vessel?**

Three carefully designed strategies are used to avoid injury to adjacent tissue. First, the color of light used is selectively absorbed by the vascular target. The hemoglobin within the vessel soaks up the light energy much better than anything else in the tissue. Second, the brief pulses are just long enough to heat the desired target. The energy is automatically turned off before there is time enough for the surrounding area to heat up above the threshold for damage. Third, a skilled operator determines the optimal energy density for each individual at each session.

## **Does it hurt?**

Yes , but a new cooling spray has been added which sprays the skin with a cooling agent immediately before the laser impact, decreasing the discomfort significantly. Most patients say the discomfort isn't as bad as they expected. The sensation is likened to a rubber band snapping against the skin. In most cases, the pain usually does not last very long after treatment. Adults and some children find a cold pack quickly takes away any discomfort.

## **What will I look like after the treatment?**

The treated area is covered with little round bruises. These bruises are noticeable for 7-10 days on average and fade like any bruise. Bruises on the face fade more quickly than bruises on the arm or leg. One can cover the spots with heavy makeup (such as Dermablend) but it is not easy and one must exercise care in removing makeup to avoid trauma to the treated skin. The first several days you are better off to apply Aloe Vera gel which we will provide and leave the area alone.

## **Candela V-Beam Therapy**

The following information will help you to understand how the Candela V-beam is used to clear your vascular lesion. Please take the time to read this information. If you have any questions please contact the The Lee Clinic +353 (0)21 4941566.

## **How does the Candela V-beam work?**

The Candela V-beam produces an intense but gentle burst of light that selectively destroys the blood vessels of your spider veins without damaging the surrounding tissue. After laser treatment the surrounding tissue is left intact and normal pigmentation occurs.

## **Are there reasons that would not make me a candidate for V-beam therapy?**

The Candela V-beam is not recommended for patients who are darkly pigmented. Because of the increase in skin pigment the laser will be less effective on damaging the blood vessels of the spider veins or other vascular lesions to be treated.

The depth of penetration of the Candela V-beam is limited to vessels of about 1.5mm in depth. Therefore vessels deeper than this may not respond to the therapy. Additionally, blue ones may not respond as well as red ones.

## **What should I expect from this laser treatment?**

Treatment with the V-beam may consist of multiple treatments. For facial veins one treatment may be sufficient for clearance, but a second visit is recommended for best results. These treatments occur on an average of every six to twelve weeks. Each individual situation may vary, and is best to discuss yours with your physician.

The type of vascular lesion to be treated will determine the number of treatments needed. Red veins respond better than blue veins, and the smaller matting vessels will respond sooner than the vessels up to 1.5mm in size. Port wine stain lesions have more vessels to be treated and require multiple treatments but the number of treatments is unknown in advance.