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LONG PULSED Nd:YAG 1064 nm LASER AND SCLEROTHERAPY IN LEG VEIN TREATMENT: A COMPARISON STUDY

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Purpose: To Investigate the safety and efficacy of pulsed 1064 nm Nd:YAG laser for leg vein clearance with or without combination with sclerotherapy.
Method: Thirteen subjects with blue leg veins >1 mm diameter.
4 sites on each subjects were selected for study.
Site 1: is to determine one session laser alone.
Site 2: is to determine one session sclerotherapy alone
Site 3: is to determine effect of combined one session laser followed 3 weeks after by one session sclerotherapy with Polidocanol* (Kreussler Pharma, Paris, france).
Site 4: is to determine effect of combined one session sclerotherapy followed 3 weeks after by one session laser.
Laser treatment performed using the Nd:YAG (smartepil LS, Deka, Ellen, Italie) 10 msec pulse duration, a 2.5 mm spotsize, fluence ranging from 100–125 J/cm^2 without cooling.
Sclerotherapy was achived with 0.5% Polidocanol.
The vessels in each test site is photographed under standardized conditions using digital imaging in vertical positions with Fotofinder* (Teachscren, Griesbach, Germany)
Comparison of results with the pre-treatment photos allowed grading of efficacy on a quartile scale (0–25% = poor, 26–50% = fair, 51–75% = good, 76–100% = excellent) at 2 months after the treatment of the four sites.
Results: On the 4 sites, clearance shows no statistical significance difference between treatments.
($p = 0.346$). However when, sclerotherapy follows laser Nd:YAG, results seems to be better results. Only hyperpigmentation was observed in 16 test sites (31%).
We conclude, that sclerotherapy relains today the gold standart for leg veins as first techniques. Sclerotherapy and lasers are complementary techniques for resistant leg veins.