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GentleLASE Plus™ Treatment of Blue Veins Around the Eyes

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Introduction

A reticular plexus of veins courses down the temple to the lateral canthus and then extends along the lower eyelid. In some individuals, this venous system is very prominent; and given the blue-green discoloration, can be quite concerning cosmetically. Although sclerotherapy has been used for the treatment of these veins, it often requires large volumes and strong concentrations of sclerosants to be effective and carries a risk of cavernous vein thrombosis. Therefore, prior to the GentleLASE Plus, my treatment modality of choice was ambulatory phlebectomy. Although very good results were obtained with phlebectomy, local anesthesia was required, and good hemostasis management with pressure and prolonged elevation was needed to control bruising.

Method

I have since treated multiple patients with the GentleLASE Plus with surprisingly good results after one treatment with minimal bruising. Several patients remain clear well over a year after one to two treatments. External laser eye shields are used for eye protection if the veins are closer to the zygomatic arch and internal eye shields for those closer to the lid margin. Care to stay away from the lashes is needed. I begin treatment with the 8 mm spot, 40-50 J/cm², cooling 60, delay 50. Double pulsing of larger veins is sometimes needed for the necessary tissue effect.

Results

The following patient was treated with the 8 mm spot at 50 J/cm². Two sessions with a one-month interval were needed for complete clearance.



Figure 1—Pretreatment



Figure 2—Post-treatment



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