

# World Aestheticx

## Long-Pulsed Nd:YAG 1064nm

### Vascular Treatment Protocol

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**Clinical Indications:** Facial Telangiectasia, Leg Veins, Diffuse Redness, Cherry Angiomas, Periorbital Veins, Hemangiomas

#### Typical Treatment Parameters

| Condition             | Spot Size | Fluence                   | Pulse Width | Endpoint              |
|-----------------------|-----------|---------------------------|-------------|-----------------------|
| Facial Telangiectasia | 3–5 mm    | 100–180 J/cm <sup>2</sup> | 10–25 ms    | Blanching / Darkening |
| Leg Veins             | 5–7 mm    | 120–250 J/cm <sup>2</sup> | 20–50 ms    | Vessel Collapse       |
| Cherry Angiomas       | 2–3 mm    | 140–220 J/cm <sup>2</sup> | 5–15 ms     | Immediate Darkening   |
| Diffuse Redness       | 5–7 mm    | 80–140 J/cm <sup>2</sup>  | 10–20 ms    | Mild Erythema         |

#### Treatment Guidelines

Use epidermal cooling throughout treatment. Larger/deeper vessels require larger spot sizes and longer pulse durations. Avoid excessive pulse overlap to reduce burn risk. Begin conservatively on darker Fitzpatrick skin types. Compression may improve leg vein outcomes. Multiple sessions are commonly required.

#### Pre-Treatment

No sun exposure or tanning 2–4 weeks prior. Avoid retinoids and exfoliants several days before treatment. Clean skin thoroughly before procedure. Obtain clinical photography and informed consent.

#### Post-Treatment

Apply cool compresses as needed. Use SPF 30+ daily. Avoid heat, exercise, hot tubs, and saunas for 24–48 hours. Mild redness and swelling are expected temporarily.

#### Contraindications & Cautions

Active infection or open wounds  
Photosensitizing medications  
Pregnancy (relative contraindication)  
History of keloid formation (use caution)  
Recently tanned skin

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