

Leg rejuvenation, is it possible?

Nowadays patients increasingly seek new treatments to improve the appearance of their legs.

Through the years a combination of multiple agents is responsible for the aging of the skin, the modifications of the venous pattern or the change in the adipose distribution.

Unfortunately, it is impossible to bring them back to their 20's but using the combination of multiple treatments great results can be acquired.

As phlebologists our first look is always towards the venous system. Sclerotherapy and laser (532-808) are still our best options when treating reticular veins and telangiectasia. Together with these we have introduced the combination of cryotherapy that improves the results.

Moreover, another great request is towards the localized adiposities, in those cases where diets and physical activity don't work anymore then we can take advantage of carboxytherapy and mesotherapy. Sometimes there is a lot more than localized adiposities and therefore the collaboration with plastic surgeons is necessary.

Skin tightening can be obtained with the use of radiofrequency and ultrasound therapy that activate the remodelling of collagen in the subcutaneous tissue

At last another interesting subject is photo damage and skin brightening. The combination of mesotherapy and laser treatment has great efficacy and can be done with ease

In conclusion, the arsenal from which we can choose our weapons is full of options. There is not a single protocol that can be used on all patients, but it must be chosen wisely to fit the personal needs. The combination of different therapeutic approach can be effective in improving appearance and most of all, achieving patient satisfaction.

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