Skin Tags

Skin tags are very common. They are simply extra little bits of skin-coloured tissue that hang off the skin. They tend to be found in areas of friction. Most commonly the neck, armpits, under the bust line (bra-strap rub) and groin area. Daily friction against the skin can cause these pesky little tags to form.

Skin tags will not disappear on their own accord. Although usually small, they do have a blood supply and can grow to be quite large and feathery. They can become a nuisance, being prone to catching on clothes and can become quite sore. Sometimes skin tags can become infected.

The easiest and most effective way of removing skin tags of all sizes is to use Electro surgery. Without local anaesthetic, Electro surgery will remove the skin tags, cauterising the blood supply. Any remaining tissue will dry up and drop off over the following few days. On average this takes around five days.

For further information or to book an appointment, please call 0330 058 1850 or email info@absoluteaesthetics.co.uk.
SONOVEIN® (HIFU)

The non-invasive Sonovein® treatment, which uses HIFU – High Intensity Focused Ultrasound, is the most advanced technology in the world for treating varicose veins and venous leg ulcers. This treatment was introduced into the UK in May 2019 by Prof Mark Whiteley. It is exclusively available in the UK at The Whiteley Clinic. Sonovein® is sending the venous world into a spin!

Prof Mark Whiteley won second prize for “best presentation” at the American Venous and Lymphatic Society (AVLS) in Phoenix in October, for his talk “HIFU in the Treatment of Incompetent Superficial Veins and Perforating Veins – A Report of our Early Experience.”

In November, The Whiteley Clinic vascular technologists Angie White and Rachel Walker presented their work on Sonovein® at the Society Vascular Technologists (SVT) Annual General Meeting at the Vascular Surgical Society of Great Britain and Ireland (VSSGBI). Angie won 1st Prize for her talk on the role the vascular technologist in Sonovein® HIFU treatment for varicose veins, whilst Rachel presented her personal view on the treatment as both technologist and patient. Sonovein® is exclusively available in the UK at The Whiteley Clinic in London. Our consultants will be happy to advise which of the editorial-board treatments are more suited for your specific pattern of vein disease.

For further information or to book an appointment with one of our consultants, please call 0330 058 1850 or email info@thewhiteleyclinic.co.uk

New book on pelvic pain and pelvic varicose veins

In October, Mark Whiteley published the first book, available on Amazon anywhere in the world, on Pelvic Congestion Syndrome arising from pelvic varicose veins. Written primarily for patients and family doctors, Pelvic Congestion Syndrome: Chronic Pelvic Pain and Pelvic Venous Disorders explains pelvic varicose veins.

1 in 6 women with leg varicose veins actually have their varicose veins arising from pelvic veins.

Between 50,000 and 1.5 million women in the UK have chronic pelvic pain due to pelvic congestion – but do not get diagnosed.

Unfortunately, in the UK, pelvic congestion is largely unrecognised. GPs and gynaecologists do not make this diagnosis. Women with chronic pelvic pain usually get told they have endometriosis or that there is nothing wrong with them.

As pelvic congestion is curable, and The Whiteley Clinic are recognised as leaders in this area, this book is long overdue. Hopefully enough people will read it to help the millions of patients with pelvic vein problems understand that there are now investigations and treatments available.

For further information or to book an appointment with one of our consultant colorectal surgeons, please call 0330 058 1850 or email info@thewhiteleyclinic.co.uk

Removing brown stains from the legs

Brown stains on the lower leg, or ankle, are usually caused by varicose veins or hidden varicose veins. The stain is called ‘haemosiderin’. It may also be seen after a leg ulcer has healed or after sclerotherapy.

In 2018, Vicki Whiteley and Professor Mark Whiteley introduced a new technique into the UK to remove these leg stains. Once the underlying veins have been dealt with, the brown stains can be treated with a special laser. After treatment, scabs will develop, allowing new skin to grow back without the brown staining.

The scabbing usually lasts 7–12 days, with results being seen from 2–4 weeks onwards. Large patches of staining require a staged process over several sessions.

This technique is currently exclusive to The Whiteley Clinic in the UK and is currently only available at our Guildford clinic.

For further information or to book an appointment with Vicki, please call 0330 058 1850 or email info@thewhiteleyclinic.co.uk

Zapping 'Senile Warts' (Seborrhoeic Keratosis)

'Senile warts' or more accurately, Seborrhoeic Keratoses, are brown crusty spots seen on the skin of adults. Although usually dark brown with a hard crust, occasionally they are flesh coloured or much darker, almost black.

Although harmless they are often seen as unsightly or cosmetically unattractive, and they can irritate and itch.

Historically, they were removed with liquid nitrogen ‘Cryotherapy’, commonly leaving a scar. However, at Absolute Aesthetics, we use Electro surgery.

A fine probe with a heat current is used to shave them off the skin, leaving little or no scar. No anaesthetic is required, and minimal discomfort is experienced during the treatment.

For further information or to book an appointment, please call 0330 058 1850 or email info@absoluteaesthetics.co.uk

The new Rafaelo Procedure in London and Guildford is now available in Bristol

Haemorrhoids (piles) are basically varicose veins from the pelvis. The Rafaelo treatment is a walk-in, walk-out cure for haemorrhoids. It is highly effective and, although nothing treating haemorrhoids is pain-free, it is much less painful than other treatment options. Consultant colorectal surgeons, Mr Aymn Haji and Mr Simon Middleton have been performing this procedure in our London and Guildford Clinics and, since September 2019, are now offering it to Bristol patients too.

For further information or to book an appointment with one of our consultant colorectal surgeons, please call 0330 058 1850 or email info@thewhiteleyclinic.co.uk