



# Revive your legs for summer

BIKINIS and bare legs have been replaced by jeans and jumpers, but just because cooler weather is on the way it doesn't mean that caring about your appearance should go too. Autumn and winter are often the best time for cosmetic treatments, giving you time to reap the full benefits before summer arrives. Varicose and spider vein treatments are a case in point. "In summer, everyone is busy showing off their legs, so winter, autumn and spring are the best time for them," says director of MD Cosmedical Solutions, Dr Buddy Beaini. New laser treatments are making dealing with unsightly veins even easier. Dr Beaini explains:

**WHAT CAUSES SPIDER VEINS?**

Affecting around 60 per cent of the population, varicose, spider and capillary veins usually affect the face and legs. "They can be unsightly and uncomfortable, and on the legs lead to swelling and aching if you stand for long periods of time," says Dr Beaini. Causes include genetics, obesity or long periods spent sitting or standing, and often it's a side effect of pregnancy. "Sadly, the more children you have, the more prone you are to developing vein damage," says Dr Beaini. Smoking, excessive drinking and chronic sinus problems can also result in facial veins, and rosacea can exacerbate the problem.

**WHO CAN BENEFIT FROM TREATMENT?**

Traditionally, sufferers had only two options - surgery or painful sclerotherapy treatments, where saline is injected into the affected veins to shrink them. While

**FAST FACTS**

**Who:** MD Cosmedical Solutions by Dr Buddy Paul Beaini MB, BS (NSW Uni). DCH. FACAM

**What:** Non-surgical aesthetic treatments and plastic surgery treatments in cosmedical medicine

**Where:** Clinics in Sydney CBD (Sheraton on the Park Hotel), Wahroonga and Canberra

**More:** mdcosmedicalsolutions.com.au or 1300 885 808

surgery is still the only option for large varicose veins, new advances in laser treatments now make it possible to treat smaller spider and capillary veins with little fuss. "There's no downtime, and laser can treat the tiny veins that sclerotherapy and surgery can't," says Dr Beaini.

**WHAT DOES IT INVOLVE?**

After an initial consultation to decide whether laser treatment is appropriate, a specialised laser is passed over the affected area. The laser penetrates the skin and is preferentially absorbed by the haemoglobin in the affected veins, damaging the veins' lining and causing them to break up and dissolve. "It feels like a prickling sensation," says Dr Beaini. Downtime is minimal. "You might have pink skin for a day or so, but it's a lunchtime treatment," he says.

**HOW LONG DO RESULTS LAST?**

A series of three or four treatments a



Autumn and winter are the perfect time to remove unsightly varicose and spider veins.

month apart are usually recommended, with most patients seeing a significant improvement after the first or second treatment. "After each treatment, you notice the veins diminish in appearance," says Dr Beaini. Top up treatments are recommended yearly, although there's

plenty you can do to stop the veins reoccurring in the future. "For prevention, wear sunblock, stop smoking and reduce drinking, don't cross your legs and avoid standing up for too long. Lose weight if you need to and exercise regularly," Dr Beaini says.

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Actual MD Cosmedical Solutions patient



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All treatments performed by Dr Buddy Beaini (MB, BS, DCH, Member ASCM) and his cosmetic medical team\*

**Website** www.mdcosmedicalsolutions.com.au  
**Enquiries** info@mdcosmedicalsolutions.com.au  
**Online Shop** www.cosmedicalsolutions.com.au

**P. 1300 885 808**

**Locations** | Sydney CBD Sheraton, Wahroonga & Canberra

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