

# the training room

advancing your knowledge (part 2)



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## Some of the Skin Blemishes that can be treated with Advanced Electrolysis:

### Thread Veins – What are they and what causes them?

Telangiectasia is the professional terminology from the Greek language meaning 'end vessel dilation'. The very thin one cell thick walls of the fine facial capillaries dilate and constrict constantly in order to control the body temperature. Their elasticity weakens as we age and can result in permanently dilated vessels. There are numerous causes for Telangiectasia including: ageing, hereditary and genetic causes, pregnancy, hormones, general skin fragility and smoking. They are very commonly seen in a maturing 'English rose' complexion and are easily treated with Blend or Diathermy methods.

### Campbell de Morgan Spots

Named after Campbell Greig De Morgan (1811-1876) a British surgeon who was the first to note them in medical literature, these vascular blemishes also known as Cherry Angioma or Blood Spots present themselves as raised or dome shaped and are of unknown origin. They are mostly seen on the trunk in middle aged and elderly clients and are even more common in men than women. They are treated with Diathermy only.



### Spider Naevus

A Spider Naevus is a central dilated blood vessel, with smaller capillaries radiating from it like the legs of a spider. Spider naevi are found in isolation or gathered together in clumps on such areas as the cheeks. They can be treated with Blend or Diathermy methods.



### Skin Tags (Fibroepithelial polyp/papilloma)

Skin Tags are a common fibrous skin condition commonly found in areas of friction such as the axillae or around the neck where necklaces may irritate. Derived from epithelial cells and consisting of loose fibrous tissue they form single or multiple distributions and are often hyper-pigmented making them more obvious. They often present with a neck like a mushroom and vary in size from a tiny speck, smaller than a grain of uncooked rice, to the size of a large pea or larger. They are viral in nature (Human Papilloma Virus HPV) and seem to spread on individuals.



### Milia

Lying very superficially under the epidermis milia present themselves as small white lipid-epithelium plugs. Their exact cause is unknown although they are often related to diet with a high cholesterol count, excessive Vitamin C, too rich moisturising cream and are also associated with dry skin which can be acidic. They contain keratin which can solidify. Treatment is performed using Diathermy.



### Warts

There are various types of warts, including flat (plane) raised (common) and verrucas (plantar). They are benign epidermal tumours which are contagious (human papilloma virus) and all can be treated. Warts can develop individually or in clusters and can spontaneously disappear. Hygiene must be of the highest importance to avoid cross infection and if not treated they may spread. Treatment is performed using Diathermy.



### Seborrhoeic Keratosis

Classified within the wart family these differ in the fact that they are not contagious. They appear raised and are frequently located on covered body sites and are also quite common on the face in mature patients. They are usually brown because of melanin and so can be mistaken for moles to the untrained eye. The dry scaly crusty appearance often with a cleft surface and a superficial 'stuck on' appearance are helpful identification points. They can be tiny or large even up to two inches across and can be removed simply and effectively with Diathermy.



### Dermatosis Papulosa Nigra

Peculiar to black skin DPN is a common popular disorder which develops in adolescence. The lesions present as smooth, dome shaped, brown to black papules and seen mainly on the cheeks, neck and upper chest. These are generally a very common disorder and the famous actor Morgan Freeman has many of these on his face. They are very easily and successfully treated using Diathermy.

### Moles

Hairs from moles are easily treated by those trained in electrolysis although insurance often requires a GP's written agreement prior to treatment. Once treatment is started it is normal for the mole to reduce in size and colour. Hairs in moles are generally deep terminal hairs generally with a very rich blood and nerve supply to them. Repeat treatments, as with electrical epilation are required and Blend or Diathermy can be used.

A mole is a pigmented growth appearing slightly velvety, with a difference in appearance and texture to the surrounding skin. A mole itself is easily treated but rather than 'removing' ACP practitioners 'visibly reduce the appearance' of the mole. A number of techniques are taught all using Diathermy only.

### Age Spots

Age Spots are caused by an accumulation of a yellow pigment called lipofuscin from ageing of the collagen producing cells. They are very common on the hands and face of middle aged to elderly patients and are distressing as they are so recognisably a sign of increasing age. Chemical peels and skin whitening products are commonly used for treatment but electrolysis is also very effective.

### Sebaceous Cysts

Sebaceous cysts are formed by retention of sebum under the skin usually blocked by

an overgrowth of surface skin and the pus contained therein is usually housed within a sebaceous sac. The size of the cyst varies from a pea to an egg and the areas most affected are those where there are more sebaceous glands, e.g. face, chest, scalp and back. They are very successfully treated with Diathermy particularly the smaller ones however the nodule may need further treatment and no guarantees can be given.

### Xanthomas

Xanthomas are deposits of fatty material under the skin and range in size from a pea to more than 3 inches in diameter. They are associated with a symptom of metabolic disorders such as diabetes or high cholesterol. Xanthelasma Palpebera is the common type which appears on the eyelids and presents itself as flat yellowish growths on the eyelid close to the nose. Resembling a butter bean and causing no pain they are successfully treated using Diathermy. They reduce in size and appearance although the milky yellow colour remains and more than one treatment is often required over a period of time.

### Syringoma

Syringomas are benign eccrine gland tumours presenting as flattish papules or plates found around the eye socket area in particular under the eye and are non contagious flesh colour elevations of the skin. They range from 1-3 mm in diameter and are firm to the touch. They are easily treated with Diathermy.

### Molluscum Contagiosum

This is a common condition of small warty pearly white or slightly pink lumps on the skin each lump being round, firm and about 1-5mm across. It is a contagious virus and typically each molluscum lasts about 6-12 weeks, crusts over and then fades. New ones tend to appear as old ones fade as the virus spreads to other areas of skin. Therefore crops appear and go for several months and it can take 12-18 months before the last goes completely. Electrolysis using Diathermy can be successfully utilised to desiccate each molluscum.

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