miraDry® - a new treatment for sweaty, smelly and hairy armpits

miraDry® is a clinically proven, unique, non-invasive way of treating sweaty, smelly and hairy armpits. Using a microwave technique, miraDry® destroys the offending sweat glands, along with the hair follicles. Because it uses heat, a small amount of local anaesthetic is needed.

Most patients require two sessions for optimal treatment, although some get away with just one and a few require three. It all depends on the number of sweat glands you have and how much you sweat.

If you want to get rid of excessive underarm sweating, then miraDry® is an attractive, comfortable and long-term option that you may wish to consider.

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

Introducing Sinead Murphy at Absolute Aesthetics

Absolute Aesthetics have a new Cosmetic Practitioner, Sinead Murphy. Having practiced as a Cosmetic Nurse for the last 19 years, Sinead brings a creative and natural approach to her work.

With cosmetic procedures, there are many different options available and not all options are necessary for everyone. Sinead takes pride in advising each individual as to the best procedure or course of treatments for them.

Sinead specialises in **Profhilo** – and has a special interest in rejuvenating the neck.

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

The Whiteley Whizzer

Serve up summer in a glass with our Whiteley Whizzer Mocktail.

Just as amazing as all our world class treatments on offer, the Whiteley Whizzer will be your go-to drink this season.

Ingredients

10 Ounce Glass

30ml Blue Curaçao

110 ml Soda water

110 ml lemonade

Handful of Mint leaves

Lemon to garnish

Method

Add a few mint leaves to your glass (along with ice)

Add 30ml (one shot) of Blue Curaçao

Pour 110ml Soda Water

Pour 110ml Lemonade (add more for sweetness)

Stir well and then enjoy!

Tough Mudder

Apparently if there is one thing better to do than Tough Mudder, it's to brag about it! So, we're putting Angie White (Sonographer at The Whiteley Clinic) & Emma Budd (Research, Academic Development and Education Manager) in the spotlight. Angie and Emma participated in the challenging teamwork-focused obstacle course of deep waters, high walls and lots of mud.

Angie White and her CSD Fitness Army team raised a fabulous £675 for Mind – The Mental Health Charity that provides support and information for any kind of mental health problem – amongst other amazing things they do in support of Mental Health.

We're proud of our colleagues and while we continue to push team spirit throughout our clinics, we are always excited to see this displayed in their everyday activities.

The Whiteley Clinic

Pioneering Vein Treatments

absolute æsthetics. at The Whiteley Clinic

Proud to be sponsors of Guildford Rugby

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Tel: 0330 058 1850 info@thewhiteleyclinic.co.uk www.thewhiteleyclinic.co.uk

Challengers

The Whiteley Clinic news update

SUMMER 2019

Welcome to our Summer newsletter

The Whiteley Clinic continues to lead the UK in the treatment of vein problems. In the first months of this year, we have been the first in Europe to perform two new treatments for varicose veins and venous leg ulcers. In addition, we have been recognised in the peer-reviewed journal 'Phlebology' as the leading UK clinic for Pelvic Congestion Syndrome.

The two new vein treatments, **SONOVEIN®** and **Endovenous Microwave** are currently exclusively available in the UK at The Whiteley Clinic. We continue to develop treatments that allow most patients to go back to their daily life with little to no pain or scarring, and – by following The Whiteley Protocol® – have the lowest chance of ever getting varicose veins back again.

Absolute Aesthetics continues to grow, led by Vicki Smith. In addition to the tried and tested aesthetic procedures, Vicki has added a new procedure to remove the brown stains from the legs, as well as a non-invasive treatment for excessive underarm sweating. Vicki has also been joined by Dr Lingham and Sinead Murphy, two very experienced aesthetic specialists.

We hope you enjoy the newsletter. If you have any questions or comments, we would love to hear from you on **info@thewhiteleyclinic.co.uk** or through the websites **www.thewhiteleyclinic.co.uk** or **www.absoluteaesthetics.co.uk**

Professor Mark Whiteley
MS FRCS (Gen) FCPhleb
Consultant Surgeon & Clinic Director

Victoria Smith
BSc (Hons) ITEC VTCT
Aesthetic Phlebology Practitioner
Director of The Whiteley Clinic

SONOVEIN®

SONOVEIN®, which utilises **HIFU – High Intensity Focused Ultrasound**, is the most progressive technology in the world for treating varicose veins and venous leg ulcers. Unlike endovenous laser, radiofrequency and even foam, this treatment is truly non-invasive. The ultrasound is beamed across the skin from the outside of the body.

SONOVEIN® was introduced into the UK in May 2019 by Prof. Mark Whiteley and is **exclusively available in the UK** at The Whiteley Clinic.

Unlike traditional varicose vein treatments, no catheters, chemical injections or incisions are required with SONOVEIN®, meaning patients are left

...this treatment is truly non-invasive

with no scars or risk of infection, and most can return immediately to their normal daily activities.

SONOVEIN® uses 2 sorts of ultrasound. The first images the veins and is used to aim the treatment, and the second uses focused ultrasound to heat and permanently ablate the target vein. A small local anaesthetic injection is often needed around sensitive veins.

SONOVEIN® is available at our London clinic. Our consultants will be happy to advise you if your veins are suitable for this new treatment, or whether one of our other state-of-the-art endovenous treatments is optimal in your specific case.

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

AWARD WINNING RESEARCH

GUILDFORD LONDON BRISTOL

Microwave

The new Endovenous Microwave Treatment (EMWA) for varicose veins is also exclusively available in the UK at The Whiteley Clinic. EMWA harnesses research proven technology which is used widely in medicine.

With very little post-operative discomfort or bruising, our new Microwave procedure allows most people to get back to normal daily life immediately with little or no pain.

Microwave has all of the advantages of radiofrequency ablation as well as the latest lasers. However, it has advantages over both of these standard endovenous treatments. Unlike radiofrequency, it does not have to be in contact with the vein wall. Also, because Microwave is perfectly controllable and does not emit any "light", there is no need for any laser precautions. Hence there is no need for any laser proof room, laser warning signs nor laser eye protection.

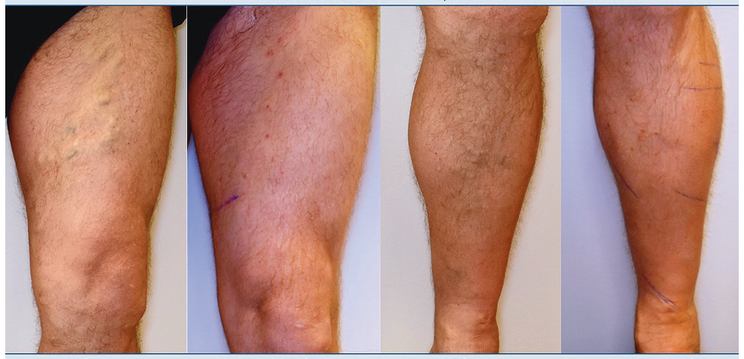
We were the first in the UK to perform endovenous treatments, starting in March

1999, and our treatments for varicose veins have set the standard for minimally invasive walk-in walk-out procedures under local anaesthetic only.

With our continued research and developments of venous treatments, the new Microwave procedure is yet another to add to our ever-growing range of treatments used in The Whiteley Protocol®.

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

Endovenous Microwave Treatment of Varicose Veins
First case in UK at The Whiteley Clinic



Before | 4 Weeks After | Before | 4 Weeks After

Leading UK Clinic for Pelvic Congestion

The Whiteley Clinic has been specialising in the treatment of pelvic varicose veins and pelvic congestion syndrome since 2000.

With many research papers and prizes, a recent peer-reviewed paper in Phlebology pointed out that almost all of the research in the UK in this area had been performed by The Whiteley Clinic (Campbell B et al. Phlebology 2019, DOI: 10.1177/0268355519848621).

If you have concerns about pelvic symptoms, our prize winning pelvic duplex ultrasound scan can identify if pelvic varicose veins are the cause of the problem.

Rafaelo - walk in, walk out treatment for haemorrhoids (piles)

Haemorrhoids (piles) are basically varicose veins from the pelvis. Research from The Whiteley Clinic has shown a strong link with the pelvic varicose veins.

The new Rafaelo radiofrequency ablation system has become very popular over the last year or two, as a walk-in, walk-out solution for haemorrhoids.

The Rafaelo Procedure

Local anaesthetic is placed around the haemorrhoid, and a radiofrequency probe is used to shrivel it away. It is highly effective and, although nothing treating haemorrhoids is pain-free, it causes considerably less pain than other treatment options, particularly surgery.

Consultant colorectal surgeons, Mr Amyn Haji and Mr Simon Middleton have been performing this procedure in our London and Guildford Clinics. From the 19th September, the Rafaelo treatment will now also be available at our Bristol Clinic.

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

Migraine Relief Injections

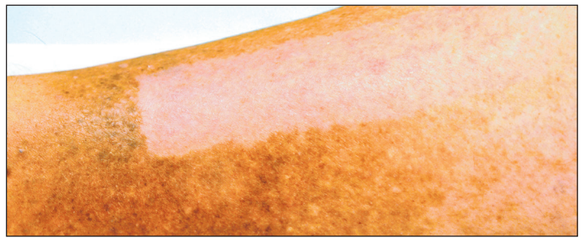
Migraines can cause a huge inconvenience, with many sufferers having to withdraw from normal life when a migraine strikes.

However, a simple set of Botulinum Toxin injections, every 3 months, can stop migraines from developing. Although we have been using this treatment successfully for over 15 years, many people suffering from migraines are unaware of this life-changing treatment.

For more information please call 0330 058 1850 or email info@absoluteaesthetics.co.uk

Treatment for brown staining on the legs

BEFORE
Brown staining (haemosiderin) of leg



AFTER
10 weeks after section of leg has been treated

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.

Last year, Victoria Smith and Professor Mark Whiteley introduced a new technique to remove these leg stains. Once the underlying veins have been dealt with, the brown stains can be treated. 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 Victoria Smith, please call 0330 0581850 or email info@thewhiteleyclinic.co.uk

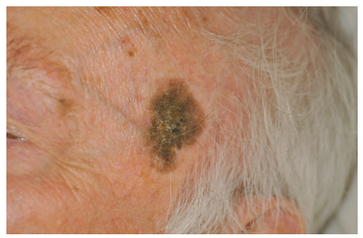
Treating lumps, bumps and skin lesions with Electro Surgery

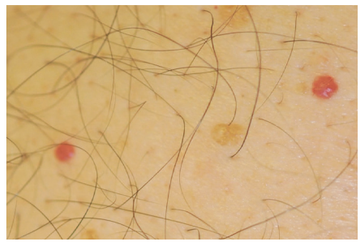
Traditionally, doctors would tend to certain lumps, such as seborrheic keratosis, by cutting them and leaving a wound that would require stitches. Other treatments for skin blemishes include liquid nitrogen, laser, IPL and diathermy.

Whilst all of these are suitable for some conditions, Electro Surgery is often overlooked in the UK. Electro Surgery is simple and straightforward and requires no surgical involvement at all, meaning you can head back to your day to day activities immediately.

It is convenient and a perfect technique to remove those unwanted lumps, bumps, spots and warts.

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





4.9/5
126 reviews
Doctify

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Trustpilot
Rated **9.5** out of 10