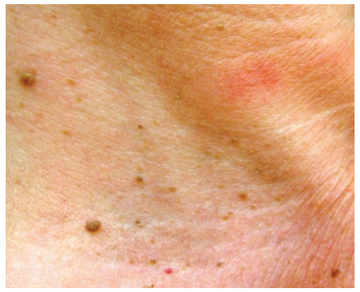
Skin Tags

Skin tags are very common. They are simply extra little bits of skin-coloured tissue that hang off of 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 fleshy. They can become a nuisance, being prone to catching on clothes and can become quite sore.

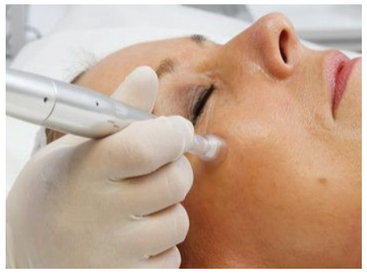
Sometimes skin tags can become infected.

The easiest and most effective way of removing skin tags of all sizes is to use Electrosurgery.

Without local anaesthetic, Electrosurgery 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

eDermastamp - the gold standard of micro-needling



eDermastamp naturally treats a variety of skin conditions utilising the gold standard in micro-needling. This treatment involves small sterile needles that puncture the dermal layer of your face in order to stimulate growth of collagen. eDermastamp is effective for softening fine wrinkles and acne scarring on your face, but also addresses uneven pigmentation, scars and skin tone and texture.

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

Podiatry services at Guildford

We are delighted to announce that Elizabeth Smith will be running a regular podiatry clinic at Absolute Aesthetics in Guildford. Liz is offering a wide range of podiatry services but specialising in the treatment of verruca and fungal toenails (onychomycosis).

Sufferers will know that these conditions can be persistent and difficult to treat with over-the-counter products. With the use of the latest developments in this field – a combination of laser and Plexr treatments, you can expect the best results after her treatment.

If you wish to book an appointment with Liz, please call us on 0330 058 1850 or email info@absoluteaesthetics.co.uk

Open Evening on 6th February 2020 with Flavia and Jimi Mistry!

Absolute Aesthetics are delighted to announce their next Open Evening on the 6th February.

Taking place between 6-8 pm, the evening will be hosted by world renowned dancer and fitness guru Flavia Cacace-Mistry, and her husband actor and chef Jimi Mistry.

Flavia and Jimi will present their new business FCMFIT - which incorporates fun, physical fitness, mental wellbeing, good health nutrition and a positive mindset.

There will also be live demonstrations of aesthetic treatments, presentations, and the chance to speak to our highly trained specialists about aesthetics and vein treatments. In addition, there will be discounts and special offers on treatments booked and paid for during the event.

Drinks and canapes will be served during the evening and a 'goodie bag' for guests.

Spaces are limited, so we request that you please let us know if you would like to attend and telephone 0330 058 1850 or email info@absoluteaesthetics.co.uk

Proud to be sponsors of Guildford Rugby

The Whiteley Clinic
Pioneering Vein Treatments

absolute æsthetics
at The Whiteley Clinic

Stirling House Stirling Road Guildford Surrey GU2 7RF
Tel: 0330 058 1850 info@thewhiteleyclinic.co.uk www.thewhiteleyclinic.co.uk

Challengers

The Whiteley Clinic news update

WINTER 2020

Welcome to our Winter 2020 newsletter

2019 was a great year for The Whiteley Clinic and our patients ... we performed the 1st Microwave Ablation of varicose veins in Europe AND the 1st commercial HIFU (Sonovein) treatment for varicose veins in the World! We were also recognised in the journal "Phlebology" as UK leaders for Pelvic Congestion Syndrome.

In 2020 we will continue to research and pioneer vein treatments, adding to The Whiteley Protocol®, ensuring we continue to achieve the lowest possible recurrence rates in the world for our patients.

Absolute Aesthetics continues to grow, led by Vicki Whiteley (nee Smith). Adding to tried and tested treatments, Vicki has introduced a variety of new procedures. Vicki is joined by Dr Prasanna Lingham, Sinead Murphy.

We hope you enjoy this 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 Whiteley
BSc (Hons) ITEC VTCT
Aesthetic Phlebology Practitioner
Director of The Whiteley Clinic

Follow us on Facebook
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twitter.com/whiteleyclinic

MICROWAVE

The new Endovenous Microwave Treatment (EMWA) for varicose veins has gone viral since **Chris Evans**, of Virgin Radio UK, filmed himself having his "mountainous" varicose veins removed by Professor Mark Whiteley at our Clinic in London.

In addition to The Sun and Daily Express Online, Chris eagerly pulled his trousers down and flashed his varicose veins free legs, on ITV's This Morning Show, with Phillip Schofield and Holly Willoughby.

Currently, the Microwave Ablation (EMWA) technique is **exclusively available in the UK at The Whiteley Clinic.**

Microwave appears to have even less post-operative discomfort than laser.

Most patients get back to normal daily life immediately with little or no pain.

With excellent laboratory and clinical results, the Microwave procedure joins our proven 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

Proving excellent long-term results from varicose vein surgery

Although research studies are important, the only real proof of excellent long-term results is following patients over years using a 'registry'.

Hence, The Whiteley Clinic has joined with The College of Phlebology to set up an International Venous Registry – the CoP Venous Registry. All patients with varicose veins and venous related conditions are included.

Over the years, doctors, clinics and hospitals who are part of the Venous Registry will be able to prove that they get good results for their patients.

However, many doctors, clinics and hospitals do not wish to join as they do not wish for their results to be monitored!

When choosing who should treat your veins, you should check whether they are an active member of the CoP Venous Registry. This will help you have confidence that all of their work is being scrutinised and patients can give long term feedback.

Doctors who are part of the CoP Venous Registry have the registry icon on their websites with an individual member number, and a link to the College of Phlebology list of active members.

The Whiteley Clinic is proud to support the CoP Venous Registry, and our consultants are amongst the first to sign up and use it.

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!

...this treatment is truly non-invasive

Prof Mark Whiteley won second prize for "best presentation" at the American Vein 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."

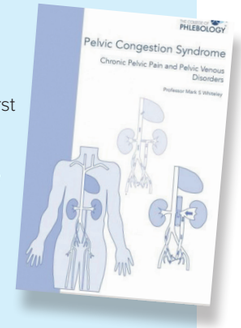
In November, The Whiteley Clinic vascular technologists Angie White and Rachel Walker presented their work on Sonovein® (HIFU) at the Society Vascular Technologists (SVT) Annual General Meeting at the Vascular Surgical Society of Great Britain and Ireland (VSSGBI).

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 our state-of-the-art 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.

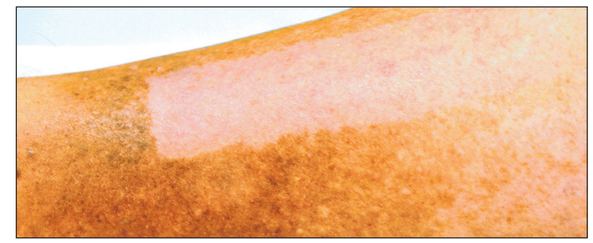
- 1 in 6 women with leg varicose veins actually have their varicose veins arising from pelvic veins.
- Between 500,000 and 1.5 million women in the UK have chronic pelvic pain due to pelvic congestion – but do not get diagnosed.

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.

Removing brown stains from 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.

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.

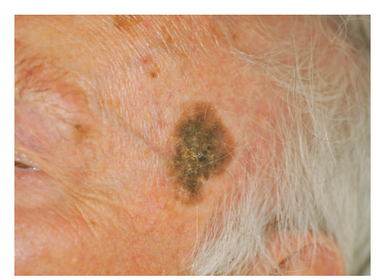
The scabbing usually lasts 7 – 12 days, with results being seen from 2 – 4 weeks onwards. Large patches of staining require a staged process over several sessions.

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

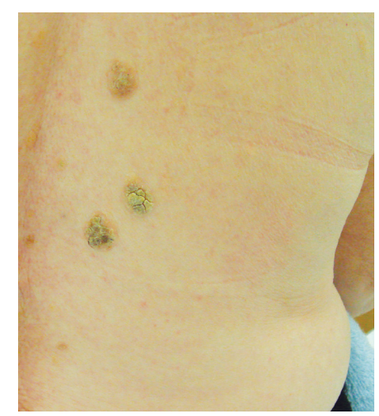
Zapping 'Senile Warts' (Seborrhoeic Keratosis)

'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 Electrosurgery.



A fine probe with a heat current is used to shave them off of 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

Prof. Whiteley invited to sit on prestigious editorial board

It is with great pleasure that we can announce that Professor Whiteley has been invited to join the editorial board of the highly regarded ***Journal of Vascular Surgery Veins and Lymphatics***. This is one of the most prestigious venous research journals in the world and few experts ever get invited onto this board. Mark has accepted and will join the editorial board as of 1 January 2020.

4.9
737 reviews
Doctify

Trustpilot
Rated **4.9** out of 5 based on 231 reviews

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 Amyn 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.

The Rafaelo Procedure

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