

# Successful treatment of capillary malformation with foam sclerotherapy

## Problem

Capillary malformations are successfully treated with pulse dye laser (PDL). But as it is very expensive, most dermatology clinics/ institutes don't have it. PDL is out of reach for patients due to high cost per session and multiple sessions are generally required to treat vascular lesions. As a result, majority of the patients have to spend rest of their lives coping with psychological stress and cosmetic anxiety.

## Solution

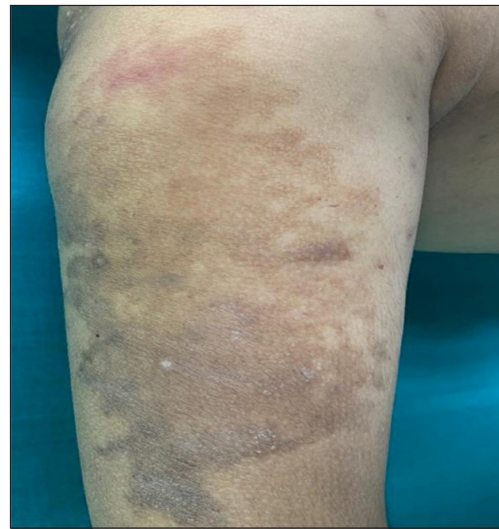
To overcome this difficulty, we used a 3% polidocanol foam formulation as a sclerosing agent for the treatment of capillary malformation [Figure 1]. Polidocanol (synthetic detergent-like substance) disrupts endothelial vessels, causing clotting and inflammation, resulting in closure. It is efficacious, safe, and cost-effective. The preparation involved combining 2 mL of 3% polidocanol with air and 6 mL of sterile water using a 3-way cannula and a 10 mL syringe. The resulting solution was transferred into a 1 mL insulin syringe and intradermally

injected into the anaesthetised (2% lignocaine cream for 45 minutes) capillary malformation. After injecting 0.3 mL of the solution, the erythema blanches with an approximate size of 1–2 cm<sup>2</sup>, indicative of successful sclerosing of capillary vessels [Video 1]. Subsequently, injections were administered at 1–2 cm<sup>2</sup> intervals, totaling 4–6 mL of solution per session. Sessions were repeated every four weeks for three sessions, with no recurrence observed at two months follow-up post-treatment. The advantages of using 3% polidocanol as a sclerosing agent include its readily availability, cost-effectiveness, and ease of administration with minimal side effects. There was a low risk of scarring, edema, pain, ulceration, thrombosis, and transient blindness with this modest dose of injection compared to the higher dose used in varicose vein treatment.<sup>1,2</sup> With its innovative technique of sclerotherapy coupled with its low cost, simplicity, and safety profile, it can yield results comparable to those of a laser [Figure 2, Video 1].

**Video 1:** "Demonstration of intralesional 3% polidocanol".



**Figure 1:** Capillary malformation over right overgrowth arm.



**Figure 2:** Hyperpigmentation after three sessions of foam sclerotherapy at a monthly interval.

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