

## Varicose Veins Ligation and Stripping

This is the older traditional surgery for varicose that has been used for many years. It is estimated that 10% of patients will not be suitable for the minimally invasive techniques.

Your surgeon will perform an Ultrasound scan to assess your veins and advise of the best treatment modality for your particular anatomy

### Before the surgery:

- Routine blood tests if required
- Meeting with the anaesthetist to ensure your fitness for the anaesthesia
- You will be admitted on the morning of the surgery
- You will need to be fasted from midnight with no food or drinks
- You will continue taking most of your normal medications unless told otherwise
- The groin and the leg of the operation side will be shaved
- The veins will be marked prior to going into the operating room

### The Surgery:

- General or spinal anaesthesia
- Intravenous antibiotics
- Low dose heparin to prevent deep vein thrombosis
- Groin incision to disconnect the saphenous vein from the deep vein
- The vein will be stripped to just below the knee
- Multiple stab wound to remove the remaining small veins
- The skin will be closed with sutures underneath the skin that do not need to be removed
- The smaller incision will be covered by small dressings
- Pressure bandages will be applied and remain for 24 hrs

### Following the surgery:

- You will be encouraged to get up and walk as soon as it is safe
- You will be allowed to eat that day
- You will most likely go home the same day, unless you had both legs operated on or had redo groin operation

- If bandage is too tight, please remove and reapply in a loose fashion or apply the stockings
- If bleeding from stab wounds occur, lie down and apply pressure to the bleeding spot with reinforcement of the bandage at this spot.
- Following removal of the bandage, pressure stockings will be applied for 1 week.
- A follow up appointment will be made

### **Complications:**

- Groin bruise or haematoma
- Bruising in the thigh and calf
- Hard lumps at the site of the removed veins
- Numbness along the inside of the foot in less than 5%
- Pain usually well tolerated with analgesia
- Deep vein thrombosis
- Wound infection
- Recurrence of the veins in the same or different territory ~ 10% in 10 years
- Worsening of the spider veins
- The need for additional injection sclerotherapy

### **Mobility:**

- You are encouraged to walk following your surgery to prevent deep vein thrombosis or chest infection.

### **Care for your incision:**

- Please make sure you wash your hands before handling the dressings
- The dressings will need to be changed once daily for 4 days
- The dressings is water proof so you can have a shower or a wash
- After 4 days the incision can be left to dry or covered for protection against injury or rubbing
- Inspect the wound for any sign of separation, redness, swelling or pus
- If there is increase pain or any of the above signs, please contact my rooms or see your family doctor.
- If bleeding occurs from the small stab wounds, please apply firm pressure and elevate the leg. Please make sure to wear the compression stockings regularly

### **Activities:**

- Gentle, around home activities should be well tolerated
- No heavy lifting or excessive sports
- Driving is resumed when able to apply the brakes with no pain or restriction, generally after 1 week to 10 days

- Return to work depends on the type of work and required tasks. Generally 10 days to 2 weeks for complete recovery.

**Analgesia:**

- Take regular Paracetamol 1gm/every 4-6 hrs
- Take Brufen (Neurofen) 400mg/ every 8 hrs, unless you have asthma, ulcers or kidney disease

**Stockings:**

- Please keep using your stockings for 1 week. Initially keep them day and night, then you can change to day use only. You can take them off for showering then reapply.
- If stockings cause ache or foot swelling, please remove immediately and contact my rooms

**Please report the following problems to your treating surgeon or family doctor:**

1. Excessive bleeding or haematoma
2. Painful swelling
3. Redness and heat
4. Increasing pain
5. Pus oozing from the wound
6. Calf pain or swelling
7. Difficulty breathing
8. Chest pain

**If you develop any of those symptoms, please call the above number, Call the duty manager of the hospital where you had the procedure, present to the emergency department or see your GP.**

For further information, please visit my website [www.AdvancedVascular.com.au](http://www.AdvancedVascular.com.au)