

Are there any risks?

Varicose vein surgery has some risks, such as recurrence of varicose veins, damage to the superficial nerves of the skin (causing regional numbness), scarring and darkening of skin colour. In rare incidences, the deep vein system may be blocked off and cause leg swelling. Varicose vein surgery has the same risks associated with other common surgeries, including infection, bleeding and anaesthesia risks.

What are spider veins or thread veins?

Some people have small blood vessels under their skin that enlarged. They can occur anywhere on the body but mainly affect the legs and face. They are 'thread-like' or have several branches hence the names given to them.

What causes thread veins?

We do not know exactly why some people get thread veins. They often occur in women so it may be related to the hormone oestrogen. In some people, they appear at the site of previous operations or insect bites.

What treatments have been used for thread veins?

Established treatments for thread veins involve injections or laser therapy, depending on the size of spider veins.

What is vein wave treatment?

Vein wave uses a new method called thermo-coagulation. It can be used on any type of skin, without causing bruising and there is no need for bandages. One treatment session lasts about 15 minutes and can treat up to 30 cm of veins on any part of the body. There are no major side effects, no allergic reactions and no bruising. It can be used on sensitive areas of the body. However, recurrence of spider veins may happen.

Location



- A** Linkway @ Level 1
Via MRT station
(Exit A)
- B** Linkway @ Level 1
- C** Linkway @ Level 4
- Drop off only
- Bus Stop
- P Carpark
- Taxi Stand / Drop off
- MRT Kent Ridge MRT Station @ Level 1



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Contact Information

National University Heart Centre, Singapore

1 Main Building of NUH, Diagnostic Vascular Laboratory, Level 3.

Opening Hours: 8.30 am - 5.30 pm (Monday - Friday)

Closed on Weekend & Public Holidays

Website: www.nuhcs.com.sg

Getting to NUH

Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

Exit A: Right at the doorstep of National University Heart Centre, Singapore.

Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.

Exit C: Leads to NUH Medical Centre.

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National University Heart Centre, Singapore

A member of the NUHS



Treatment of Varicose Veins

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STEP 01



STEP 02



Download a FREE QR Reader on your smartphone and scan the QR code.

The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS



Scan the QR code

What are varicose veins?

Varicose veins are twisted, enlarged veins near the surface of the skin. They most commonly develop in the legs and ankles.

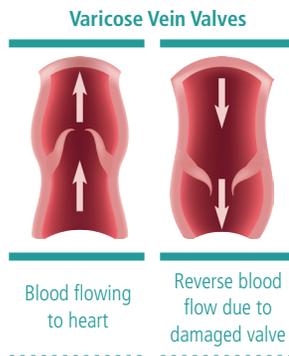


Figure. A : Simple varicose vein

Figure. B : Severe varicose vein causing skin change and ulcer.

What causes varicose veins?

Normally, the one-way valves in these veins keep the blood flowing efficiently against gravity up toward the heart. Varicose veins develop when you have faulty valves in your veins and weakened vein walls. When these valves do not function properly, blood pools and pressure builds up, hence the veins are weakened, enlarged and twisted.



Who gets varicose veins?

Some people may be more likely to develop varicose veins because of inherited characteristics (genetics), aging process and hormone changes. Varicose veins may also result from conditions that increase pressure on the leg veins, such as being overweight or pregnant or having an occupation that requires standing for long periods of time.

What are the symptoms?

Patients often feel no discomfort but may be concerned about the appearance of the veins. Varicose veins are visible through the skin and appear dark blue, swollen and twisted. Some may experience distending discomfort, tiredness, swelling and pain in the leg. Symptoms may worsen after standing or sitting for long periods of time. Varicose veins can also cause darkening of skin, dry, thickened skin, open sores (ulcerations), inflammation (thrombophlebitis) or bleeding.

Is it serious?

Varicose veins are common and usually will not cause serious medical problem. However, in some cases, varicose veins can signal a blockage in the deeper veins that requires evaluation and possibly treatment. People with leg skin changes associated with varicose veins may develop chronic sores which are difficult to heal (as shown in Fig. B).

How are varicose veins diagnosed?

Your doctor will examine your legs and feet. Varicose veins are easy to see, especially when you are standing. If a problem with the deep veins or complications are suspected based on your symptoms and examination, an ultrasound study may be required.

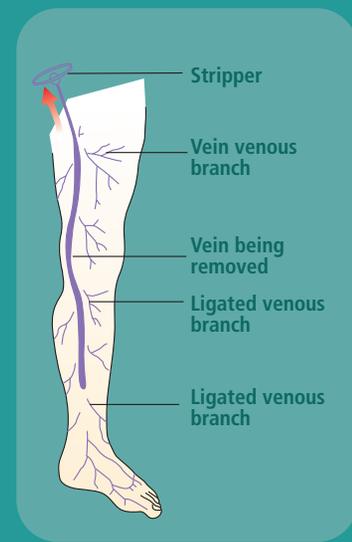
How are varicose veins treated?

The goals are to reduce symptoms and prevent long term complications.

- Non-surgical: Exercise, wearing compression stockings and elevating legs.
- Surgery: Ligation and Stripping (Open Surgery).
- Endovenous Laser Treatment or Radiofrequency Ablation
- Laparoscopic Perforator Surgery (Keyhole Surgery)

What is ligation and stripping?

Ligation is done at the main junction between deep and superficial vein with a faulty valve. Small incisions are then made over the varicose vein to remove them. If several valves along the vein are heavily damaged, the whole vein is usually removed by stripping.



Before Treatment



After Treatment

What are Endovenous Laser Treatment and Radiofrequency Ablation?

EVLV and RFA are both done under local anesthesia. It works by using laser or radiofrequency energy to heat the vein from inside which causes it to seal shut and disappear.

What to expect after surgery?

Vein ligation and stripping are done as day surgery under regional or general anesthesia. EVLT/RFA can be done under local anesthesia. The leg will be bandaged with crepe and stockings for 2 weeks after the operation. Most often, you can return to work within a few days. After 2 weeks, you can resume normal leisure and recreational activities.