

Varicose Vein Treatment

What is varicose vein treatment?

Varicose vein treatment is a procedure to relieve side effects of varicose veins, which are usually found in the legs.

Who can benefit from varicose vein treatment?

People who have varicose veins may suffer from certain side effects, including skin problems, blood clots and pain. Varicose vein treatment can relieve these symptoms, as well as improve the aesthetic appearance of the veins.

Procedure

There are a variety of procedures to alleviate the symptoms of varicose veins. If varicose vein surgery is the right option for you, you will be taken into surgery and put under general anesthetic. An incision will be made both at the top and bottom of the varicose vein, and a thin wire inserted into the vein and tied around it. When the wire is removed, the vein will be pulled out from under the skin. The incisions are then closed and the wounds bandaged up. This type of procedure is called 'ligation and stripping', and can take up to two hours to complete.

Recovery period

You will be able to go home after the anesthetic from your operation has worn off, but you will need someone to drive you if necessary. Following the varicose vein treatment, you will need to rest your legs for up to a week, but this could be more depending on the individual. This will include keeping your legs raised when sitting down and taking regular walks to try and minimize the chance of any blood clots or swelling. Painkillers can be taken to alleviate any pain. You may need to take up to three weeks off work depending on the nature of your job, but your surgeon will discuss this with you.

Risks

As with any surgical procedure, there are risks involved. In terms of varicose vein treatment, these include infection, bleeding, breathing problems associated with the anesthetic, nerve injury, blood clotting, numbness and the reoccurrence of the varicose veins.