



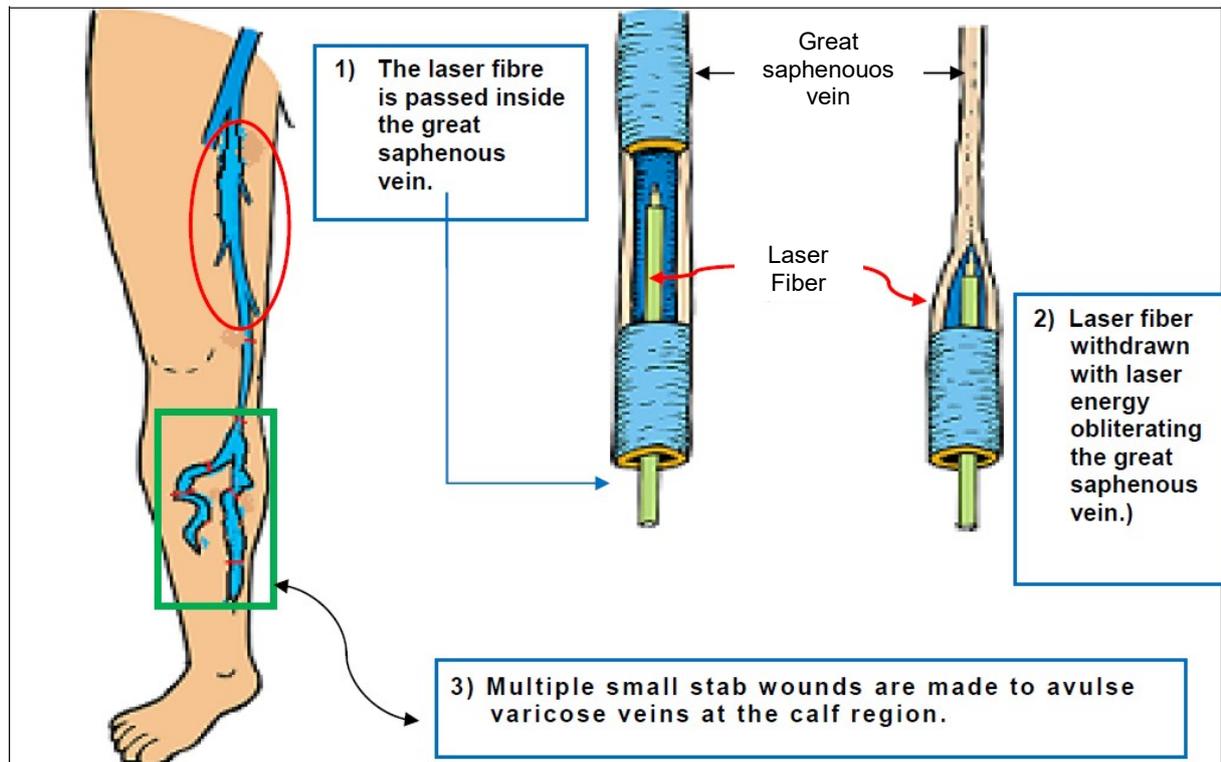
Procedure Information Sheet

Introduction

Peripheral veins have valves which prevent the reflux of blood and facilitate venous return to the heart. Varicose veins are swollen sections of veins under the surface of the skin which are thick and knobby. Varicose veins are due to weakness in the wall of superficial veins, and this leads to stretching. The stretching causes failure of the one-way valves inside the veins. These valves normally only allow the blood to flow up the leg towards the heart. If the valves leak, then blood can flow back the wrong way when standing. This venous reflux causes increased pressure on the veins, which bulge and become varicose. Uncontrolled venous hypertension can result in skin ulceration.

The Operation / Procedure

1. The procedure will be performed under general, spinal or local anaesthesia.
2. After a local anaesthetic is injected into the thigh area, the laser or radiofrequency fibre is threaded into the great saphenous vein through a small puncture.
3. Laser or radiofrequency energy is released which heats up the wall of vein and causes it to collapse.
4. Multiple small stab wounds (0.5 to 1 cm) are then made to avulse varicose veins at the calf region.



Before the Operation / Procedure

1. Doctor will explain to patient about operation, risks and complications. Patient has to sign a consent form.
2. Body check up as doctor's order will be done before operation, eg. blood tests, urine routine, ECG and X-ray.
3. After marking the varicose veins, a local anaesthetic cream will be applied onto thigh or leg if necessary.
4. Hair clipping of groin / leg before the procedure.
5. Fasting for 6 - 8 hours prior to the procedure.
6. Wear a clean surgical gown, a cap and stockings immediately before the procedure.
7. Intravenous infusion, premedication of antibiotic may be required.

Patient's Label

Patient Name: _____
Hospital No: _____
Episode No: _____



After the Operation / Procedure

1. Hospital care
 - 1.1. Keep wound dressing clean and dry.
 - 1.2. Mild bruising may occur over the thigh and leg region. They will resolve gradually.
 - 1.3. Continue compression bandaging or graduated compression stockings after the procedure.
 - 1.4. After local anaesthesia, can resume usual activities after rest.
 - 1.5. Should elevate the operated limb and perform ankle / calf exercise to promote venous return.
 - 1.6. After general anaesthesia, may feel throat discomfort or phlegm, deep breathing and coughing exercise are helpful to prevent pneumonia.
 - 1.7. Resumption of normal diet depends on the individual situation / progress.
 - 1.8. Usually discharge on the day of the procedure and able to walk independently.
2. Home care after discharge
 - 2.1. Avoid strenuous exercise within 2 weeks after the procedure.
 - 2.2. Take the prescribed analgesic as needed, follow-up and remove stitches as advised.
 - 2.3. Continue measures to prevent / reduce recurrence of varicose veins:
 - Avoid prolonged standing or sitting.
 - Activate the calf muscle pump to promote venous return, e.g. ankle / calf exercise, walking.
 - Elevate the leg on a stool during the day, raise the leg above the heart level in bed.
 - Weight reduction if indicated.
 - Put on graduated compression stockings during daytime (below knee compression stockings: 20-30 mmHg at ankle).

Risk and Complication

1. Systematic complications:
 - 1.1. Cardiovascular: myocardial infarction.
 - 1.2. Pulmonary: pneumonia, respiratory failure.
 - 1.3. Others: cerebrovascular accident.
2. Risks related to the operation itself:
 - 2.1. Wound haematoma and bruising.
 - 2.2. Wound infection.
 - 2.3. Deep vein thrombosis.
 - 2.4. Neuritis resulting in paraesthesia.
 - 2.5. Recurrence of varicosities.

Alternative Treatment / Investigation

1. Wear pressure stocking.
2. Adjust lifestyle.
3. Conservative treatment.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart Patient Website of Hospital Authority, Procedure Information Sheet:
Endovenous Laser Therapy for Varicose Veins (7/2017)

Patient's Signature: _____ Date: _____

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