

Varicose Veins Treatment

There are many possible treatment options for varicose veins. The simplest form of treatment involves lifestyle changes such as avoiding sitting and standing for long periods, regular exercise and weight loss if you are overweight. Additionally, compression stockings can be used for symptomatic relief and these are available for purchase at the consulting rooms.

Endovenous treatment

This involves treating the problem vein with a device that either glues the vein shut or burns the vein shut. This can be done in the rooms and usually takes about 1 hour, the best modality will depend on your individual circumstances and I will discuss these with you.

Ultrasound Guided Sclerotherapy

This involves a procedure where a sclerosant, usually a mild detergent, is injected directly into the veins under ultrasound guidance. The sclerosant acts as an irritant to the veins and causes them to scar up and eventually potentially disappear.

Surgery

This is often the last resort for treating veins as it involves an operation under general or spinal anaesthesia where the large vein is stripped from the groin to the top of the calf. It involves an incision in the groin or behind the knee, and a small incision in the calf. These incisions are closed with dissolving sutures. Additional problem veins can also be 'plucked' out through small incisions in the leg.