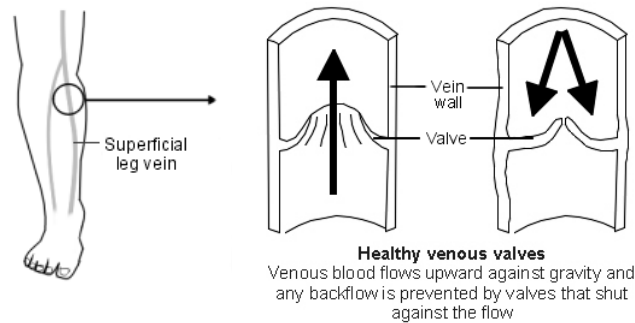


Varicose veins

Understanding normal veins.

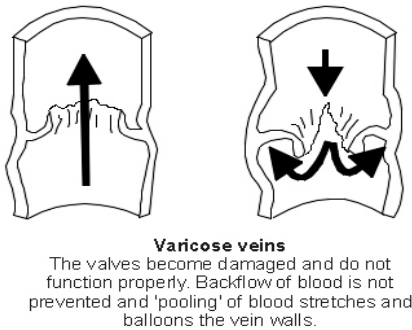
Veins are blood vessels which take blood back to the heart. There are three types of veins in the leg:

- Superficial veins are the ones just below the skin surface
- Deep leg veins pass through the muscles, you can not see
- Perforator veins take blood from the superficial veins to the deep veins



What are varicose veins?

Varicose veins are dilated (enlarged) section of veins. The wall of the vein becomes weak; the vein dilates and become prominent. If this occurs near the valve, the valve may become leaky and blood may flow backwards. Blood then pools in the enlarged vein and makes it stand out.



Some people complain of itching, heaviness, tiredness and ankle swelling during the day. The chance of developing varicosities is increased with: pregnancy, being overweight, standing a lot, age.

Treatment

- Compression stockings**, prevent symptoms but do not treat varicose veins.
- Surgery**; large trunk varicose veins are stripped from the leg having small incision in the groin and medially below the knee or above the medial ankle. Additional incisions of 5mm to remove of varicose clusters from the leg or thigh can be needed.
- Sclerotherapy**; injection into the vein with a chemical can close the vein. This is mainly used for smaller veins.

What happens after Surgery; you will stay in the hospital for one or two days. You have to wear compression stocking during the day (remove at night time) after surgery for two weeks. Follow up in Vascular OPD.