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Varicose Vein Surgery

This information is in addition to the detailed patient information personally provided by Mr Ponosh to you during your consultation. Please refer to the Royal Australasian College of Surgeons Vein brochure also provided.

How do varicose veins develop?

This will be discussed with you at length by Mr Ponosh during your consultation. Further information is available via the Ponosh Vascular website under "Patients – Vein Consultation" and "What We Do – Varicose Veins". Alternatively, you can follow the link or QR code at the end of the information sheet.

What is Varicose Vein Surgery?

A common treatment for varicose veins is contemporary open varicose vein surgery. This procedure will be discussed with you at length during your consultation. It consists of ligating (tying off) the draining veins in the groin and/or behind the knee through a 2cm incision and removing the draining vein. A number of small avulsion incisions (1-2mm) are then made over the varicose veins to "tease them out". This is usually conducted under a general anaesthetic with a one-night stay. The removed veins are "spare veins", and the remaining functional veins will accommodate the removed vein.

Another method often utilized is radiofrequency ablation (RFA). Mr Ponosh will discuss the best option for you.

As discussed at your consultation, whilst the cause of your varicose veins are treated, your varicosities are not directly treated. In many instances they resolve completely following this treatment, however additional injection sclerotherapy may be required for the complete resolution of all varicose veins.

The procedure will take approximately 60 minutes, although the duration of attendance varies. Time to complete resolution and final appearance varies from person to person and even from vein to vein. **Most people have a satisfactory result after 8-12 weeks, but the final appearance may take up to 12-24 months after the last lot of treatment.**

These methods have been used globally for many years with universal clinical acceptance and medical evidence-based research providing effective, durable, and extremely safe use.

Possible complications and side effects.

Anaesthetic Complications: These are extremely low with modern techniques. Your specialist anaesthetist will discuss options and risks with you at length.

Deep Vein Thrombosis: DVT's are a very rare complication manifested as significant pain and swelling. This risk is reduced by techniques in hospital as well as maintaining mobility and your stockings. Please advise us if you have a personal or family history of DVT. Varicose vein surgery cannot be ideally conducted within 4 weeks of a long-haul flight.

Bruising: There is usually bruising along the vein that was stripped and this resolves over 3-6 weeks.

Bleeding: Blood loss during varicose vein surgery is usually minimal.

Infection: This is extremely rare and can be treated with a short course of oral antibiotics.

Groin or Knee Wound: These wounds can be quite lumpy or firm for a few weeks but will resolve.

Skin Lumps: You can get multiple firm lumps under the vein removal sites. These are normal and will usually resolve over 6-8 weeks.

Leg Swelling: This is common post-surgery due to the interference with the lymph drainage system in the leg. This will settle with leg elevation, wearing your stockings and walking.

Nerve Injury: During the surgery, small veins that supply the skin surface may be damaged. This can cause numbness and tingling in the skin. This usually resolves within 6-8 months.

Scarring: The incisions are only small so scarring will be minimal within 3 months.

Recurrence: New varicose veins can develop and therefore it may be necessary to have further intervention in the future. In rare cases this may necessitate redo surgery or endovenous techniques but in most cases, this may be sclerotherapy.

Cosmetic Issues: Whilst your leg/s will be dramatically improved by vein intervention, additional sclerotherapy and/or topical laser may be required. Please note that it is impossible to achieve perfection and you must be understanding of realistic cosmetic expectations.

Following your procedure.

To relieve pain, take simple analgesics such as regular paracetamol.

Compression stockings: A form will be provided to you by reception staff to obtain these stockings PRIOR to your procedure. These are to be purchased ONLY from the recommended supplier and are to be worn:

- **Continuously for 5 days.**
They are not to be removed for showering.
- **Then, during the day only for 14 days.**
Remove stockings last thing at night before shower/bed and then replace first thing in the morning.

Elevate legs whenever possible, either resting in bed/couch or sitting with legs elevated.

Avoid prolonged bed rest.

Avoid prolonged standing and sitting.

Walking is encouraged.

Week of "lazy Sunday's" is recommended.

Gradually increase your exercise over the initial week.

Avoid strenuous exercise for 2-3 weeks.

Most people can return to work 5-7 days after the procedure, this can vary depending on patient and job.

Driving is not recommended for 24-48 hours after the procedure.

You should not fly for more than 4 hours for 4 weeks after the procedure.

Minor bruising, colour changes and minor lumps are normal and will slowly improve.

Remove groin dressing on day 3 after your procedure. The steri-strips (paper strip dressings) will slowly fall off in 7-10 days. You can shower over them and pat dry.

Monitor for signs of infection.

Contact Mr Ponosh's rooms or see your GP if you have any concerns regarding:

- Pain, tenderness or swelling of your calf or leg.
- Fever or sweats.
- Inflamed wounds or pus.

In most cases we will see you in the rooms at 4-6 weeks. Some small residual varicose or spider veins may persist. Mr Ponosh will discuss additional management options with you at this time.

A letter will be sent to your GP and/or referring doctor advising them of your management.

For further information please follow the link or scan the QR code below:

Varicose Vein Surgery Information:

<https://ponoshvascular.com.au/what-we-do/varicose-vein-surgery/>



Varicose Vein Information:

<https://ponoshvascular.com.au/varicose-veins-treatment/>

