



## Procedure Information – Ligation and Stripping for Varicose Veins

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /  
affix patient's label*

### Introduction

Peripheral veins have valves which prevent the reflux of blood and facilitate venous return to the heart. Venous valvular insufficiency or calf muscle pump malfunction may lead to reflux of blood, resulting in venous hypertension and dilated veins, known as varicose veins. Patients may also have calf/ ankle swelling, tiredness/ heaviness in legs, distending pain, skin changes, thrombophlebitis, ulcer or even bleeding. Surgery may be warranted to relieve symptoms, reduce the occurrence of complications, or enhance the recovery of complications.

### The Procedure

Under general, spinal or local anaesthesia, a small incision (2 to 3 cm) is made at the groin. The connection between the deep vein and the great saphenous vein is ligated. Another incision is made below the knee level. A stripper is then passed along the great saphenous vein to strip the vein. Multiple small stab wounds (0.5 to 1 cm) are then made to avulse varicose vein at the calf region. Most people will be able to walk independently and return home on the day of the procedure.

### Risks and complications

- ◇ Local complications
  1. Wound haematoma and bruising
  2. Wound infection
  3. Deep vein thrombosis
  4. Nerve damage resulting in paraesthesia and neuralgia
  5. Recurrence of varicosities

### Preoperative preparation

1. Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
2. You will be admitted on the day of the procedure. Preliminary tests including electrocardiogram, chest X-ray and blood tests will be arranged if necessary.
3. After marking varicose veins, a local anaesthetic cream will be applied onto your thigh or leg if necessary.
4. Shaving at the groin/ leg if necessary.
5. Fasting of 6 hours prior to the procedure.
6. Intravenous infusion, premedication of antibiotic may be required.

### After the procedure

#### **A. Usually after operation**

1. Continue compression bandaging or graduated compression stockings after the procedure.
2. You should elevate your operated limb and perform ankle/ calf exercise to promote venous return.

#### **B. Wound care**

1. Keep wound dressing clean and dry. Change dressings at the clinic according to instruction.
2. Mild bruising may occur over the thigh and leg region. They will resolve gradually.
3. Take the prescribed analgesic as needed.
4. Stitches will be removed 7 to 10 days after the procedure.



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**Care after discharge**

**A. Continue measures to prevent/ reduce recurrence of varicose veins**

1. Avoid prolonged standing or sitting.
2. Activate the calf muscle pump to promote venous return, e.g. ankle/ calf exercise, walking.
3. Elevate the leg on a stool during the day, raise the leg above the heart level in bed.
4. Weight reduction if indicated.
5. Put on graduated compression stockings during daytime (below knee compression stockings: 20-30 mmHg at ankle)
6. Avoid strenuous exercise within 2 weeks after the procedure.

**B. Follow up regularly as arranged.**

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

**Reference**

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date