

Goole Surgical Treatment Centre



Varicose Vein Surgery Day Surgery Unit



*Welcome and thank you for making
Goole Surgical Treatment Centre your first choice*

What are varicose veins?

Varicose veins are dilated and lengthened enlargement of the superficial veins, usually of the legs. The vein wall becomes weakened and valves (within the vein) become incompetent leading to discomfort, tiredness and swelling. They can also be unsightly and can bleed.

Varicose veins tend to be more common in women than men and the incidence may be worsened by occupational hazards such as standing for long periods. There can also be a family history of varicose veins.

How is the surgery performed?

The surgeon usually begins by making an incision in your groin or behind the knee approximately 5cms in length. The main 'feeder' vein is tied and removed.

The wound usually has dissolvable stitches in place, depending on the surgeons preference. A dressing is then applied.

Further down the leg you will have small incisions, often not large enough to be stitched. Occasionally these will be secured with 'steristrips' or dissolvable stitches. Small dressings will be applied to protect the wounds. The leg will then be bandaged from toe to groin.

Are there any alternatives to this surgery?

Injections of the veins can be performed depending on size and severity. Laser treatment is not available in this hospital. Compression bandages can be used, but need to be worn daily.

Risks of surgery

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.

Bleeding may occur from the wound site. If so, apply pressure and if the bleeding persists, seek advice.

There is a slight risk of your wound becoming infected, if you experience redness, excessive tenderness or persistent oozing, seek advice.

Discomfort following surgery is common, please ensure you have adequate painkillers at home.

If the veins were large you may experience bruising and swelling taking approximately 6 weeks to settle.

Tiny incisions may have damaged a skin nerve which can lead to numbness or tingling. A clot (deep vein thrombosis) in the calf is a potential problem but if you wear the support stocking/stockinet, mobilise and elevate your legs when sitting, the risk is reduced.

Numbness, tingling sensations, ankle oedema due to damage of the sensory nerve supplying the skin around the ankle. This can remain for months.

The venous flares and thread veins won't be cured by conventional surgery.

Effects of surgery and anaesthetic

Nausea

If you experience this following surgery, drink plenty of fluids and take light meals.

Headache

This is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

Following a general anaesthetic please arrange:

An adult to escort you home and care for you for the first 24 hours after discharge.

Not to use machinery, cook, or sign documents for 24 hours.

Before you arrive

Prior to your admission you will have been advised when to stop taking diet and fluids.

Please have a shower or bath before coming to the ward. Shave the leg into the groin area.

We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring).

Please bring any medication that you normally take (even if infrequent), a dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

What will happen when I come in for my surgery?

Please report to the reception desk. You will be escorted to the waiting area.

A nurse will prepare you for your operation. You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.

Please tell the nurse if you have any medical changes or change of social circumstances .

The surgeon will come to see you, mark the operation site and take your written consent for your operation.

When it is time for your surgery the nurse will walk with you to the anaesthetic room.

After the surgery

If you have had a general anaesthetic, you will wake up in the recovery suite.

When you are fully awake you will be transferred to the ward. Light refreshments will be provided.

The leg will have been bandaged from toe to groin. Occasionally on first standing following surgery, the wounds may bleed. A pressure dressing will be applied. You may feel some discomfort, if so, the nursing staff will give you prescribed pain relief on request.

When you are adequately recovered the nurse will provide you with discharge advice, answer any questions that you may wish to ask and arrange for you to go home.

At home

Take painkillers as directed. Keep the wounds clean and dry for the first 24 hours. You can shower after 24 hours.

Elevate your leg whilst sitting. Continue to mobilise as able.

Gradually increase walking distances. Avoid standing in one spot for long periods. Remove bandages next day and replace with provided stockinet or below knee TED stockings. (recommended to be worn 2-6 weeks depending on your surgeons preference). Wear only in the day, remove at night.

Stitches or clips (if applicable) will need to be removed by your Practice Nurse 7 to 10 days following your surgery.

Please make an appointment for this.

You can recommence HRT (if stopped) and/or the contraceptive pill 4 weeks following surgery.

Not to drive for 2 weeks or as advised. Time off work (usually 2-4 weeks depending on surgery).

If you have any problems after your surgery please contact one of the following:

Goole & District Hospital

Ward 7 Tel: 01724 290040 (08:00-20:00 Mon-Fri)

Or your own GP.

Concerns and Queries

If you need further assistance, the Patient Advice and Liaison Service will be able to help.

They can be contacted on:

Goole & District Hospital

PALS Administration Manager 01724 290172

or by email: pals@nlg.nhs.uk

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.) It is stored on paper and on computerised systems in line with the Data Protection Act 1998. Everyone working for the NHS has a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth. Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

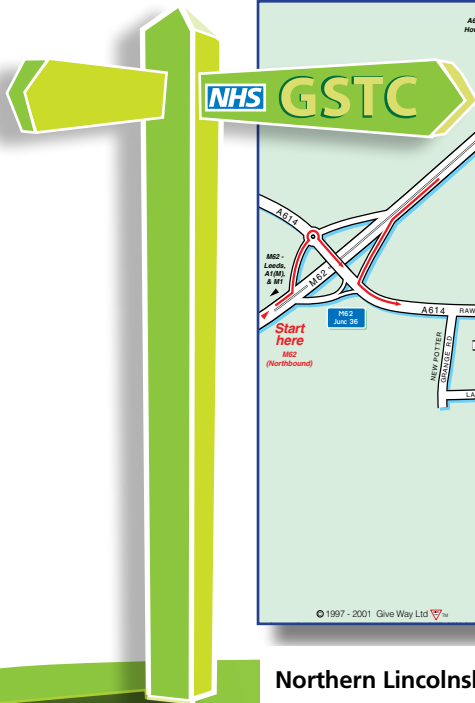
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/Abusive Behaviour
- Verbal/Physical Abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Contact Number: 01724 290040



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