Impact of inguinal varicose veins recurrence and modern therapeutic strategies

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Disclosure

The author has no commercial, proprietary, or financial interest in any products or companies described.
Varicose vein recurrence

The cause of recurrences may include

• surgical technique

• progression of the underlying disease

• neovascularization.
Varicose vein recurrence

Of the open surgical techniques, radical vein removal is the preferred technique in my practice for patients with saphenofemoral reflux and varicose veins in the great saphenous distribution since 1986.
Varicose vein recurrence

- Surgical techniques are associated with varicose vein recurrence rates between 20 and 28 percent


Own recurrence rate of primary varicose vein surgeries (N = 2526)

- 2012: 25%
- 2013: 13%
- 2014: 10%
- 2015: 18%
- 2016: 20%
- 2017: 10%

Total: n = 405 (16%)

Total (foreign and own): n = 716
Access

Junod 1971

Suprainguinal access, Hach 1979

Lateral subfaszial, Klein 1998

Direct inguinal access

Medial, Halliday 1970
Access

Lateral subfaszial, Klein 1998
## Varicose vein recurrence

### COMPLICATIONS OF SURGERY

N=716

<table>
<thead>
<tr>
<th>Complication</th>
<th>N (%)</th>
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<tbody>
<tr>
<td>Hematoma</td>
<td>12 (1.7)</td>
</tr>
<tr>
<td>Infection</td>
<td>8 (1.1)</td>
</tr>
<tr>
<td>Lymphocele/lymph leakage</td>
<td>4 (0.5)</td>
</tr>
<tr>
<td>Deep vein thrombosis</td>
<td>0</td>
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</tbody>
</table>
Why change the strategy?
How can we avoid these complications?
Approach
Approach
Varicose vein recurrence treatment

Complications of RFA treatment with or without foam sclerotherapy
N= 78 since 12/2015

- Hematoma
- Infection
- Lymphocele and lymph leak
- Deep vein thrombosis (EHIT)
- Incomplete occlusion

0%

According to 15 years of experience with RFA, it is important for success to reach all layers of the vein with the energy.

(Whiteley, Mark Prof. Dr. Consultant Venous Surgeon, 1 Stirling House, Stirling Road, Guilford, Surrey, GU2 7RF (GB))
Conclusions

- RFA Sclerotherapy proved to be an efficient alternative for classic recurrence varicose vein surgery

- Mandatory Pre- & intraoperative duplex sonography (catheter placement)

- Minimal-invasive & little complications

- First choice treatment in patients with obesity, repeated recurrences, technical feasibility