



POST-OPERATIVE COMPRESSION AFTER VARICOSE VEIN TREATMENT:

YES OR NO?

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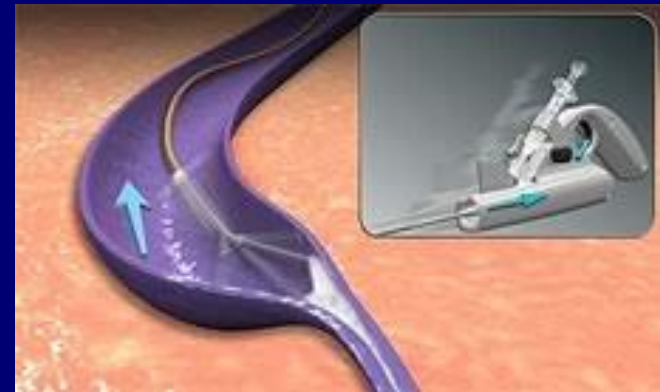
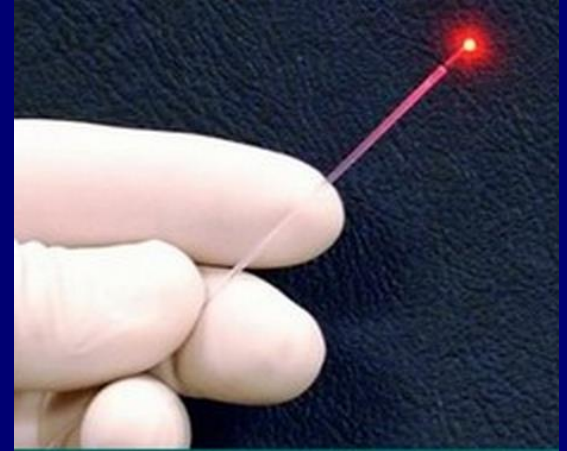
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Varicose Veins

- Varicose veins are common
- Prevalence:
 - Men: 10-40%
 - Women: 20-51%
- Causes physical symptoms and can lead to complications (e.g., ulcers)
- Affects quality of life of patients



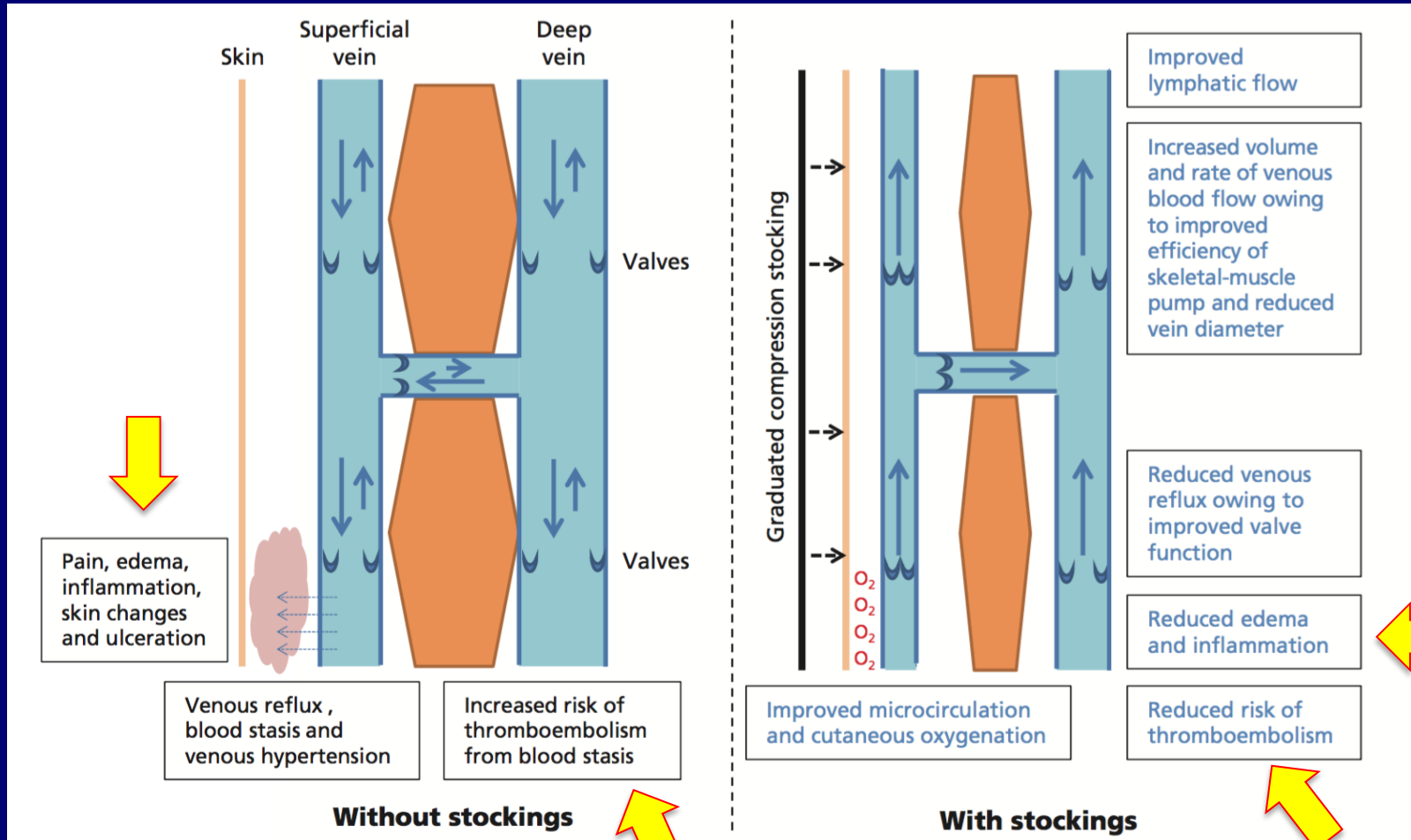
Endovenous Ablation



Post-Treatment Compression



Effect of Compression Stockings



Management of varicose veins: a survey of current practice by members of the Vascular Society of Great Britain and Ireland

AG EDWARDS¹, S BAYNHAM¹, T LEES², DC MITCHELL¹

- Questionnaire survey of members of the Vascular Society of GB & Ireland
- 69% response rate
- 75% used either elastic or non- elastic bandages post-operatively
- 77% then change to stockings – worn for a variable length of time

Compression regimes after endovenous ablation for superficial venous insufficiency – A survey of members of the Vascular Society of Great Britain and Ireland

J El-Sheikha¹, S Nandhra¹, D Carradice¹, C Acey¹, GE Smith¹, B Campbell² and IC Chetter¹

- Questionnaire survey sent to members of the Vascular Society of GB & I
- Response rate – 41%
- Compression post-endothelial ablation:
 - 87% used compression stockings and 60% used bandages
 - Change from bandages to compression stockings – Median 2 days after treatment and stockings worn for median 5 days
- Compression post-UGFS:
 - 83% used compression stockings and 64% used bandages
 - Change from bandages to compression stockings after median 5 days and stockings worn for median 2 days

Compression Stockings after Endovenous Laser Ablation of the Great Saphenous Vein: A Prospective Randomized Controlled Trial

N.A. Bakker ^a, L.W. Schieven ^b, R.M.G. Bruins ^b, M. van den Berg ^b, R.J. Hissink ^{b,*}

Pain significantly worse in those wearing stockings

v/s

Journal of
Vascular Surgery
Venous and Lymphatic Disorders™

Role of compression stockings after endovenous laser therapy for primary varicosis

Jan H. Elderman, MD, ^{a,b} Attila G. Krasznai, MD, ^a Adri C. Voogd, PhD, ^c Karel W. E. Hulsewé, MD, PhD, ^a and Cornelis J. J. M. Sikkink, MD, PhD, ^a *Sittard, Rotterdam, and Maastricht, The Netherlands*

Statistically significant difference in pain scores noted in 1st week only in favour of compression group

Compression following Foam Sclerotherapy

Foam Sclerotherapy of the Saphenous Veins: Randomised Controlled Trial with or without Compression

C.M. Hamel-Desnos ^{a,*}, B.J. Guias ^b, P.R. Desnos ^c, A. Mesgard ^d

- No difference in pain scores, inflammation, ecchymosis, induration, matting or pigmentation at 14 and 28 days
- Only 40% of patients wore stockings everyday

Randomized clinical trial of different bandage regimens after foam sclerotherapy for varicose veins

J. L. O'Hare, J. Stephens, D. Parkin and J. J. Earnshaw

Department of Vascular Surgery, Gloucestershire Royal Hospital, Great Western Road, Gloucester GL1 3NN, UK

Correspondence to: Mr J. J. Earnshaw (e-mail: jjearnshaw@tiscali.co.uk)

At 6 weeks:

- No difference in rates of vein occlusion
- No significant difference in varicose vein severity score or pain score

Compression Post-Treatment: Presumed Effects

Yes

- ?Reduced post-op pain
- ?Prevent/minimise superficial/deep vein thrombosis
- ?Reduced inflammation
- ?Reduced bleeding and haematoma
- ?Increased patient satisfaction

No

- Low compliance
- Uncomfortable
- Difficult to apply (elderly)
- ?More pain
- ?No difference re: DVT/Phlebitis

NICE Guidelines (2013) (UK)

National Clinical Guideline Centre

Research
Recommendation

12. What is the clinical and cost effectiveness of compression bandaging or hosiery after interventional treatment for varicose veins compared with no compression? If there is benefit, how long should compression bandaging or hosiery be worn for?

Methods, evidence and recommendations

July 2013

Final Version

*Commissioned by the National Institute for
Health and Care Excellence*

Systematic review of compression following treatment for varicose veins

J. El-Sheikha¹, D. Carradice¹, S. Nandhra¹, C. Leunig¹

This systematic review found currently insufficient information to make any recommendations about compression therapy after interventions for varicose veins.

Limiting this review to RCTs, there are concerns with the overall methodological quality of the included studies; the most significant flaw is inadequate sample size. Heterogeneity of the regimens compared, and of the outcomes and their timing, preclude any meaningful meta-analysis.

List

By Topic

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ISRCTN17719156 : A single-centre study looking at the effect of compression therapy in patients having foam sclerosant injection for varicose veins

Overall trial status: Ongoing **Recruitment status:** Recruiting

A single-centre study looking at the effect of compression therapy in patients having foam sclerosant injection for varicose veins

Intervention: Other: Compression socks for 2 weeks

3 **Recruiting** Compression Therapy Following Endothermal Ablation

Condition: Varicose Veins

Intervention: Device: Class II Compression Stockings (no specific device used)

Thank You!

