



# Treat your legs...

A QUICK AND EFFECTIVE, MINIMALLY INVASIVE TREATMENT TO REMOVE VARICOSE VEINS, WHICH IS CLINICALLY PROVEN TO GIVE LESS POST-OPERATIVE PAIN IS NOW ON OFFER AT CIRCLEBATH.

Although varicose veins are generally thought of as a cosmetic concern, they can cause aching and discomfort when standing and walking, along with itching and swollen ankles. In the worst cases they cause skin pigmentation and ulcers. As the party season approaches it may be the perfect time to consider their removal.

Before treatment some patients talk about having to cover up with trousers because the veins in their legs look so unsightly; or even report missing a days' walking because they couldn't face aggravating their condition.



Specialist nurses Michele Phillips and Gillian Jones

"VNUS Closure is a relatively new, minimally invasive treatment and involves inserting a probe into the affected vein under ultrasound guidance. When triggered the probe will heat up and obliterate the varicose vein. To treat the main varicose vein may take just a few minutes and recent studies have shown this technique produces the least post-operative discomfort and quickest return to work. The procedure can, on occasions, be performed

under local anaesthetic, where appropriate, but many patients prefer a general anaesthetic." explains one of the Consultant Vascular Surgeons at CircleBath

There is a dedicated team of Surgeons and Nurses who will guide you through the process from first consultation to after-care and will be available to answer any questions or queries you may have. You should be able to go home on the same day as your treatment and return to work within a week. You will need to wear support stockings and you will be up and about as normal the next day.

"Varicose veins are normally seen in the calf and the thigh. They are a common problem which tends to be hereditary and is often made worse by pregnancy. The condition is usually caused by faulty valves. When the valves fail, blood will pool causing back pressure and discomfort. The legs may ache, feel heavy and be uncomfortable. In severe cases, the skin over the veins becomes dry, itchy and thin and some patients may experience skin discoloration, inflammation, and ultimately develop skin ulcers", explains a Consultant Vascular Surgeons at CircleBath.

At CircleBath hospital the Consultant Surgeon you meet at your consultation will also be the same Surgeon who performs your operation. As part of this consultation you will undergo an ultrasound test to investigate your veins and determine the most appropriate choice of treatment.

With a treatment plan decided upon and agreed by you and your Surgeon, a pre-operative check will be carried out by one

of the Specialist Nurses before you come in for your procedure. Uniquely at CircleBath, the reassuring, friendly face of our Specialist Nurses can, if you wish, accompany you into the operating theatre and through into post-operative recovery, as one of our Specialist Nurses is also a trained theatre nurse.

All treatments are carried out using our state-of-the-art diagnostic and surgical equipment, allowing you to receive the most up to date treatment.

CircleBath's Vascular Unit brings together specialist Consultant Vascular Surgeons Professor Michael Horrocks, Mr John Budd and Mr Mahesh Pai supported by Senior Sonographer Vicky Davis and our team of Specialist Nurses. The team also offers comprehensive services for surgical treatment of strokes, aneurysms and occlusive arterial disease as well as treatment for excessive sweating.

To find out more about varicose vein treatments or to arrange a free initial consultation with CircleBath's Specialist Nurses contact: Michele Phillips on 07514 286 578 or 01761 422222, email michele.phillips@circlebath.co.uk or visit circle.bath.com

