

# Who We Are

The Vascular & Interventional Centre has an expert team of doctors well-versed in the current minimally invasive techniques and medical treatments. Our team of specialist doctors and staff strive to provide patients with holistic care in a fully integrated clinic and ambulatory surgery centre for a range of diseases.

Find out more @  
[www.sgvasculargrp.com](http://www.sgvasculargrp.com)

# Visit Us

## **VIC Day Surgery @ Novena Specialist Center**

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## **VIC @ Gleneagles Medical Centre**

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Finding Relief From  
**Varicose and  
Spider Veins**

## WHAT ARE VARICOSE AND SPIDER VEINS?

**Varicose Veins** are swollen, twisted and lengthened veins caused by malfunction of the valves. This results in the backflow of blood and pools in the veins causing the vein to be congested. Occasionally, it can form a painful blood clot with inflammation of the vein, resulting in trophic ulcers. It usually occurs in the legs, but can also form in other parts of the body.

**Spider veins** are milder form of varicose veins that appear to be smaller red, purple and blue vessels in the skin.

## WHAT ARE THE CAUSES AND RISK FACTORS?

- Age
- Sex, more common in females
- Heredity
- Obesity
- Long period of standing and seating
- Pregnancy history

## WHAT ARE THE SYMPTOMS?

- Swollen enlarged or networks of red, purple, and blue vessels
- Leg aching and swelling
- Darkening of skin
- Itchy and scaly skin prone to recurrent skin infections

If left untreated, it can result in ulcers on the skin surface. These ulcers can sometimes be infected and result in circulatory and skin problems in your legs.

## HOW IS IT DIAGNOSED?

- Clinical examination
- Ultrasound scan of the legs

## OUR TREATMENTS

### Conservative non-surgical treatment

- **Tight compression stockings** to promote blood flow

### Our **Minimally invasive procedures**

Only requires a small puncture for the probes to be inserted into the vein to seal it off using either heat, mechanical or chemical means under local anaesthesia or light sedation, usually as a day surgery case with a quick return to daily activities. Treatment techniques include:

- **Radio-Frequency Ablation (RFA):** Uses radiofrequency energy to heat up and damage the vein wall.
- **Venaseal™/Venablock Glue Closure:** It utilises a small amount of a medical adhesive to seal the varicose vein permanently.
- **Clarivein™ Mechanochemical Ablation:** It combines two approaches - mechanical destruction of veins and the injection of sclerosant to seal it
- **Cryo-Laser and Cryo-Sclerotherapy (CLaCs):** This combining transdermal laser and injection sclerotherapy using a chemical sclerosant, all under skin cooling (-20°C). Suitable for spider veins and leave minimal scarring and pigmentation.

To find out if the procedure is right for you, you may request a consultation with one of our doctors to help you understand your options and choose the best treatment.

