



Dr. Luke Matar

MBBS, FRANZCR
Radiologist/Phlebologist
Endovenous Specialist

“For people with confirmed varicose veins and truncal reflux offer endothermal ablation, if endothermal ablation is unsuitable, offer ultrasound guided foam sclerotherapy.”

NICE Guidelines 2013

Endovenous management of varicose veins, a very NICE treatment !

In July 2013 the National Institute for Health and Care Excellence (NICE) in the UK released best practice guidelines on the management of Varicose Veins

The key recommendations can be summarised as follows

1 Investigation

- Chronic venous insufficiency (CVI) and varicose veins should be investigated by full clinical and duplex ultrasound assessment in a specialised clinic

2 Referral to a specialised clinic is indicated in patients with the following:

- Symptomatic primary or recurrent varicose veins (Pain, discomfort, heaviness and itching)
- Pigmentation/eczema thought to be caused by CVI
- Superficial venous thrombosis
- Venous legs ulcer (even if healed)

3 Treatment – for confirmed truncal reflux and VV's

- Endothermal ablation (Radiofrequency or Laser) best choice
- Ultrasound guided foam sclerotherapy (UGFS) if unsuitable for Endothermal ablation
- Surgery if unsuitable for UGFS

4 Compression hosiery – do not offer

- Only offer if unsuitable for interventional treatments

The Vein clinic is a purpose built specialist clinic dedicated to the investigation and minimally invasive management of varicose veins and venous insufficiency.