

Original Research Article

Varicose veins: a clinical study

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ABSTRACT

Background: Varicose veins are a common condition affecting the lower limbs. Apart from being a cosmetic problem, it can have some serious complications if not treated in time. Multiple modes of surgical management exist for the disease. Complications of the surgery are troublesome and difficult to treat.

Methods: This is a prospective study done in inpatients of SDM college of Medical Sciences, Dharwad, Karnataka, India. A total of 70 patients were included in this study and various general, demographic, clinical and surgical data outcomes were studied over a period of 4 years.

Results: In our study of 70 patients we found the mean age of the study population to be 45.6% with a range of 21 to 70 years. Male patients (80%) outnumbered the females (20%). Among the 70 limbs studied, 30 (42.85%) patients had the involvement of GSV and communicating system, 6 (8.57%) had involvement of GSV and SSV systems, whereas SSV and CS were affected in 2 (2.85%) patients. 2 (2.85%) had all the three systems involved. Complications of surgery were noted in 22 (31.42%) patients, seroma formation (10%) was the commonest, followed by recurrence of the disease (8.57%), hematoma (4.28%), wound infection (2.85%) and neuropathy (5.71%).

Conclusions: Varicose veins are a frequent occurrence. Commonly affect middle aged males, required to work standing for prolonged hours. The great saphenous and the communicating systems are most commonly involved, followed by great saphenous system alone. Pain is the most common presenting symptom and pigmentation the most common complication of the disease. The treatment depends on the site of incompetence and should hence be tailor-made for each case.

Keywords: Complications, Spider veins, Varicose veins, Varicose ulcer, Varicose surgery