



Scottish Vein Centre

Scottish Vein Centre
Waterside House
19 Hawthornbank Lane
Edinburgh
EH4 3BH

Tel : 0131 477 4775
info@scottishveincentre.co.uk

February 2018

INFORMATION FOR GENERAL PRACTITIONERS

NICE RECOMMENDS NON-SURGICAL TREATMENTS FOR SYMPTOMATIC VARICOSE VEINS

OUR CLINIC IS NOW REGULATED BY HEALTHCARE IMPROVEMENT SCOTLAND

Dear Doctor,

Your patient has visited our website and obtained this copy of information made available for you and for them. We hope this will assist you in the management of your patient's problem.

NICE has produced Guidelines in July 2013 for the management of symptomatic varicose veins. Their main recommendations are that veins should be assessed with ultrasound imaging and treated by a vein specialist. They also state that endovenous local anaesthetic procedures are first choice and foam sclerotherapy should be second. Surgery is an inferior third choice.

The Scottish Vein Centre was established in Edinburgh in 2006, and provides the latest evidence-based endovenous and sclerotherapy methods to treat leg vein problems. The Medical Director is Dr Kieran McBride, who has been a Consultant Interventional Radiologist in Lothian and Fife since 1994. His clinic will fully assess leg veins with Doppler ultrasound and offer the best treatment strategy. These treatments are all non-surgical out-patient walk-in / walk-out procedures with rapid recovery times, leaving no scars. Thousands of procedures have now been performed with only a few minor problems. We have now been approved as an independent clinic by Healthcare Improvement Scotland since December 2017, with ongoing regulation.

The main treatment choices at S.V.C. include:

Endovenous Laser Ablation (EVLA) which is used to close down the long and short saphenous veins under local anaesthetic in the consulting office. The patient wears compression hosiery for 2 weeks. There is a very low <2% recurrence rate and rapid recovery time, with no scarring.

Clarivein Ablation is a newer method to painlessly close these larger incompetent veins without the need to anaesthetize the whole vein length. It is therefore quicker than EVLA, but has a slightly higher recurrence rate. It relies on the combined action of a spinning wire inside the vein with simultaneous injection of a chemical sclerosant. It also requires compression stockings.

Foam sclerotherapy is performed under ultrasound guidance and therefore should only be done by an experienced specialist. It is very effective at treating bulging and twisted veins by direct injection of a chemical sclerosant as foam. It also requires compression and has longer healing times to get aesthetic results.

Microsclerotherapy is offered as a cosmetic treatment for unsightly thread and spider veins, using a weak solution of sclerosant and a tiny needle that usually requires a magnifying glass to directly inject into the veins.

The Scottish Vein Centre Ltd has been approved as a private specialist clinic by all the main Private Health Insurers since 2006. If your patient has health insurance you will be required to refer them to the SVC by letter. If not, then your patient may self refer, but we recommend they talk with you before they decide on treatment. We will provide your patient with all the information they need to make a decision and we will keep you fully informed of their care plan.

We are happy to answer any of your direct queries and we welcome you visiting our informative website at

www.scottishveincentre.co.uk

Yours sincerely

KDP McBride

Dr Kieran McBride, FRCR, FRCSI, FFRRCSI, FRCPEd.
Medical Director
Scottish Vein Centre

Regulated by:

