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Varicose veins surgical treatment: Endovenous laser ablation versus open surgery
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Aim: Compare long-term outcomes of varicose veins treatment between endovenous laser ablation and open surgery.

Introduction: 25–33% of the Western population adults is suffering from varicose veins and surgical treatment is characterized by high recurrence rate of 60% after 5 years follow-up observation. That leads to look for the most effective treatment option.

Methods: A retrospective study of 182 patients who had varicose veins endovascular or open surgery during 2015-06–2015-12 were made. Patients’ demographic and clinical data were registered. Patients were contacted and asked to evaluate surgery outcomes subjectively. Patients were divided in two groups: I – ones who had endovenous laser ablation and II – those who had open surgery.

Results: 136 (74.7%) patients agreed to participate in the study: 26 (19.1%) men and 110 (80.9%) women; average age – 48.36 years (±1.087), 65 (47.8%) – group I, 41 (63.1%) were operated because of the symptoms, 24 (36.9%) were operated because of the esthetical reasons), 71 (52.2%) – group II, 58 (81.7%) were operated because of the symptoms, 13 (18.3%) were operated because of the esthetical reasons.) The symptoms renewed: group I – 9 (22%) patients, group II – 25 (43.1%). Esthetical relapse: group I – 3 (12.5%), group II – 7 (13.6%). Patients assessed esthetical view: group I – 48 (73.8%) were completely satisfied, 15 (23.1%) were partly satisfied and 2 (3.1%) were unsatisfied, respectively in group II the results were 44 (62%), 26 (36.6%) and 1 (1.4%) (p = 0.202). Patients also evaluated their symptoms after treatment. Group I: 53 (81.5%) patients were completely satisfied, 9 (13.8%) – partly satisfied, 3 (4.6%) – unsatisfied, respectively in group II – 52 (73.2%), 14 (19.7%) and 5 (7%) (p = 0.513). According to the EQ-5D-3L questionnaire patients treated in group I evaluated their health – 80.29 (±13.199), II – 74.56 (±16.615).

Conclusion: Chronic venous insufficiency symptoms more often renewed to patients who had open surgery. Patients’ were more satisfied after endovenous laser ablation. Also, those patients who were treated with endovascular procedure evaluated their health better.