TITLE: EFFICACY OF 1320NM ENDOVENOUS LASER ABLATION (EVLA) COMBINED WITH ULTRASOUND GUIDED FOAM SCLEROTHERAPY (UGS) IN TREATING LEG VEIN REFLUX- A 3 YEAR PROSPECTIVE STUDY.

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OBJECTIVE(s):
To observe the efficacy and safety of 1320nm EVLA combined with UGS for refluxing leg veins classified CEAP 1-6. Adverse events, vein size, competence, and clinical or US recurrence are measured.

METHOD(s):
280 vessels were treated with EVLA. After duplex mapping and Seldinger vein access, the laser fibre was placed 2 cm distal to the saphenous junction, then withdrawn mechanically. A Cooltouch 1320nm Nd:YAG laser with tumescent anaesthesia was used. Foam UGS closed proximal leashes, distal trunks and tributaries. With immediate ambulation, class 2 compression hose were worn for 10 days. Serial duplex US and annual subjective questionnaires were recorded.

RESULT(s):
All refluxing veins were closed with no serious adverse outcomes:-

| Fatality, nerve damage, arterial injection, allergy, photopsiae | Nil |
| Pulmonary embolism n=1 | 0.3% |
| Deep vein sclerosis n=2 | 0.7% |

Transient hypoaesthesia, minor bruising, access site haemorrhage, pain and superficial thrombophlebitis were rare. Pre-op ulcers healed. Most venous symptoms ceased within 24 hours. All junctions reduced in size; >90% became competent or were closed.

CONCLUSION(s):
EVLA with 1320nm is very safe, popular, and combined with foam UGS is an effective nonsurgical treatment for refluxing leg veins of all sizes in the medium term.

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