

Varicose Vein Removal

Non-surgical treatment to effectively remove varicose veins for long-lasting results, no scarring, and minimum downtime.

What is Varicose Vein Removal?

Varicose veins are the blue, swollen, and gnarled veins that can develop in the legs. They appear when the valves that help stop blood flowing back down the legs no longer work efficiently. The walls of the blood vessels sag, and the veins become swollen and distended.

Endovenous Thermal Ablation is a revolutionary minimally invasive treatment for varicose veins. Thermal energy from a laser destroys veins from the inside and closes the problematic vein. No surgery is required, there are virtually no scars, and the entire procedure can be performed in less than an hour under local anaesthetic at Bella Vou.

Why have Varicose Vein Removal?

Varicose veins are very common, but they can also be painful, problematic, and unsightly. Swelling, skin changes, and thread veins are common consequences. Many people become self-conscious about their legs, and the veins can impact on confidence and self-esteem.

Varicose veins can be more than a cosmetic issue; they can ache, itch, and cause disfiguring ulceration. Specialist Varicose Vein Removal can stop blood flowing in the faulty veins, get rid of ugly bulging vessels, and prevent pain and skin damage.

What happens in Varicose Vein Removal?

Dr Mo Faris, the vascular specialist at Bella Vou, performs Endovenous Thermal Ablation as an outpatient procedure under local anaesthetic.

Using ultrasound guidance, Dr Faris utilises a high-tech laser device to apply targeted energy to the inside of the veins. The heat destroys the varicose veins and stops blood flowing through the faulty vessels.

How long is recovery from Varicose Vein Removal?

Varicose Vein Removal is quick, effective, and requires minimal downtime. You will be able to get back to work and normal activities following treatment. However, you shouldn't drive home from Bella Vou; you will need to arrange for a friend or family member to pick you up and escort you home.

Dr Faris and the Bella Vou team will offer individual advice on aftercare, recovery, and follow-up.

Quick glance guide to Varicose Vein Removal

Procedure Time: 1 hour

Back To Work: There is no downtime following the procedure

Anaesthetic: Local anaesthetic

Hospital stay: No

Treats: Varicose veins

Why choose Bella Vou for Varicose Vein Removal?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Varicose Vein Removal journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. Dr Mo Faris runs Bella Vou's Vein Clinic. Dr Faris is a vascular consultant specialising in modern diagnostic techniques and minimally invasive treatments. He treats all vein disorders, including thread veins, varicose veins, venous insufficiency, ulcers, bulging hand veins, and spider veins, to improve your venous health.

Dr Faris will examine your veins, listen to your concerns, and recommend treatment to address your problems. Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdejvani says:

'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Preparation for Varicose Vein Removal

At your initial consultation, Dr Faris will review your symptoms and perform a colour Doppler Ultrasound of your veins. The scan accurately maps your varicose veins, identifies their cause and ensures there is no evidence of deep vein thrombosis.

Using the information, Dr Faris will create a treatment plan designed to suit your specific needs. He may advise you to stop taking blood-thinning medication, aspirin, and anti-inflammatories before your procedure to reduce the risk of bruising and bleeding.

What happens during Varicose Vein Removal?

Varicose Vein Removal is carried out as an outpatient procedure. Before treatment, Dr Faris will inject a small amount of local anaesthetic into the skin over the vein to numb the area.

Depending on which veins are to be treated, Dr Faris will ask you to lie on your back or your front. He will carefully insert a hollow needle into the vein. Using ultrasound to guide the way, he will then pass a fine wire through the needle so that it lies in the varicose vein. The specialist will pass narrow plastic tubing over the wire and up the vein. When the catheter is safely in place in the varicose vein, Dr Faris will remove the wire.

Your doctor will pass a laser fibre up the catheter, so its tip lies at the highest point needing treatment, which is usually the groin crease. Dr Faris will inject more local anaesthetic around the vein through multiple tiny needle pricks to ensure your treatment is free from pain.

The specialist uses the laser to apply precisely targeted heat energy to the vein to make it close up. He will gradually pull the device down the vein over about five minutes to treat the whole vessel.

During treatment, you will hear a warning buzzer ringing and may smell or taste burning but won't feel any pain. If you're having both legs treated, the process is repeated on the other leg. Finally, the specialist removes the laser and catheter, covers the needle puncture covered with a small dressing.

Recovery from Varicose Vein Removal

After the procedure, most people can go home and get on with normal activities. However, the staff at Bella Vou are always on hand to offer you refreshments, answer any questions, and advise you on aftercare.

There is minimal downtime. However, it is advisable not to drive, so you should arrange for a friend or family member to pick you up following treatment. The team will give you supportive stockings, which you have to wear day and night for up to two weeks. They will also give you instructions on how to bathe.

The treated vein will gradually shrink away. Dr Faris will arrange a follow-up ultrasound scan to check the vein and ensure you remain healthy, well, and happy with your results.

FAQs

What is venous disease?

Healthy leg veins contain valves that open and close to assist the return of blood to the heart. Venous reflux disease develops when the valves that keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, vein valves will not close properly, leading to symptoms of pain, swelling, swollen legs, and skin changes, and skin ulcers.

Venous reflux disease is progressive, and the symptoms can worsen over time if left untreated.

Will I need to stay overnight?

This is a walk-in, walk-out treatment, and the entire procedure can typically be performed in less than an hour, under local anaesthesia, in the comfort of our state-of-the-art clinic.

How is the recovery?

Directly after your treatment, you will be allowed home. It is advisable not to drive. You will have to wear support stockings for up to two weeks and be given instructions about how to bathe. You should be able to return to work straight away and get on with most of your usual activities.

Is Endovenous Thermal Ablation painful?

Most patients experience little to no pain during the procedure. Often the only sensation is felt during delivery of anaesthetic to the leg. After the procedure, you may feel some tenderness, tingling, itching, or tightness in the treated leg, which is nothing to worry about and will disappear within a few weeks.

What happens to the blood that should flow in the vein?

Losing the vein is not an issue. There are many veins in the leg; the blood that would have flowed through the closed vein simply flows through other healthy veins after the laser therapy.