

## **Five-year analysis of the treatment of varicose transformation of the great saphenous vein.**

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The widely used treatment options for varicose transformation of the great saphenous vein in Kazakhstan are: cross-surgery (Trojanova-Trendelenburg surgery), safenectomy, endovenous thermal ablation (EVTA), foam sclerotherapy.

In this article, based on extensive experience, we reviewed the results of early and late postoperative complications in patients with varicose pathology of the great saphenous vein who were hospitalized in our clinic.

### ***Materials and methods:***

From January 2013 to December 2017, we performed 902 safenectomies and 356 endovenous laser ablations (EVLA) in patients with varicose transformation of the great saphenous vein. All laser operations were performed on a diode laser with a wavelength of 940nm.

Patients are distributed by age and gender. Distribution by gender corresponds to world statistics, where there is a significant predominance of women. According to our data, these are 793 women (63%) and 465 men (37%). Given the age characteristics, the main contingent of patients is represented by middle-aged persons, which in turn is also a characteristic feature of this nosology. The average age of patients was 49.5 years, of which: among women, 47.5 years old (from 21 to 74 years old) ( $p < 0.05$ ), among men 50.5 years old (from 23 to 78 years old) ( $p < 0, 05$ ).

It should be noted that a number of patients with a history of the following were noted: PTFS 273 (21.7%), pulmonary embolism 8 (0.6%), venous thrombosis in anamnesis 92 (7.3%); 83 patients (6.6%) had healed trophic ulcers of the leg, 67 patients (5.3%) had active venous ulcers.

All patients before surgery at the outpatient level were performed ultrasound duplex scanning (DS) of the veins and arteries of the lower extremities, clinical and laboratory tests.

After preoperative preparation, registration of individual voluntary consent to the operation, patients were performed with EVL on a diode laser with a wavelength of 940nm - 356 (28.3%), safenectomies - 902 (71.7%).

### ***Results:***

On the first day after EVLA, 313 (88%) patients noted nagging pains and hematomas; 893 (99%) patients after saphenectomy noted a burning sensation in the inguinal region and soreness at the incision site, hematomas along the great saphenous vein of the operated limb. 29 (3.2%) patients noted an increase in body temperature to 39<sup>0</sup>C, which was stopped against the background of ongoing nonsteroidal anti-inflammatory therapy.

During surgery, a number of patients also noted the following reactions:

- nausea, vomiting - 21 (1.6%)
- dizziness - 34 (2.7%),

- increase or decrease in blood pressure in the range of 15-20 mm. Hg st. - 379 (30.1%), against the background of infusion and antihypertensive therapy, hemodynamics stabilized.

In the early postoperative period, in 5 (0.4%) patients - on the 2nd day, bleeding from the postoperative leg wound, feeling of numbness, reduced leg sensitivity in n / 3 lower leg of the operated lower limb - 271 (21.5%), violation of lymphatic drainage, an increase in the volume of the operated lower limb - 175 (14%), suppuration of the surgical site - 7 (0.5%).

The results of treatment during a dynamic examination on the ultrasound of the veins of the lower extremities in the long term - 60 months - there were no significant differences between the EVA and open surgery in patients.

Thus, to date, endovenous laser ablation is the most effective and less traumatic method of treatment for the varicose transformation of the great saphenous vein, which is confirmed by our immediate and long-term results of operations in patients with this disease.

The presence in the clinic of the laser apparatus significantly affects the duration of the patient's stay in the hospital.