

# 靜脈曲張



查詢或預約，歡迎聯絡我們

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## 辦公時間

星期一至星期五：上午九時至下午五時

星期六：上午九時至下午一時

星期日及公眾假期休息

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## 何謂靜脈曲張？

靜脈是體內血液循環系統的一個重要部份。當動脈將血液供應至身體各部位後，靜脈則將血液送回心臟。如靜脈內的單向瓣膜出現問題，導致血液倒流及循環欠佳，靜脈便會變得脹大及扭曲，出現靜脈曲張，俗稱「浮腳筋」。



單向瓣膜出現問題，導致血液倒流

## 靜脈曲張所引起之問題

靜脈曲張是很普遍的都市人疾病，其病徵不單影響外觀儀容，更會令雙腳容易疲累及疼痛，甚至出現抽筋現象。

靜脈曲張會令小腿及腳部皮膚變黑及變硬，若情況惡化，皮膚表面更會形成潰瘍，嚴重者潰瘍面積會擴大。

## 治療靜脈曲張之方法

一般而言，靜脈曲張都可透過藥物注射或激光治療方法，去改善「浮腳筋」的情況。至於較深層的穿通靜脈，可採用微創「筋膜下內窺鏡穿透靜脈結紮術」治療，但情況嚴重者，則須採用微創「透光靜脈切除」手術方式，將靜脈曲張的問題解決。

## 治療靜脈曲張的微創手術

1. **筋膜下內窺鏡穿透靜脈結紮術**：此手術是透過大腿上的一個小切口，將曲張的靜脈與深層靜脈分開，讓深層靜脈肩負循環的責任，消除因血液倒流及循環不暢順所引致的靜脈曲張。此手術方式能夠安全而有效地醫治小腿肚靜脈瓣膜閉塞不全所引起的嚴重慢性靜脈功能不全和靜脈潰瘍，並且大大減低其復發的機會。
2. **透光靜脈切除手術**：此手術對病者的創傷最少，外科醫生只須在患處作兩至三個約兩毫米的切口，把光纖及迴旋切刀放入皮下組織，將有問題的靜脈找出並徹底切除，就能解決靜脈曲張的問題。

## 微創手術的優點

微創手術方式能把外科手術對病者帶來的創傷及痛楚減至最少。由於手術切口極少，痛楚輕微，病人可於手術後第二天恢復日常活動。

此外，透光靜脈切除手術更能同時去除靜脈的小分枝及網狀靜脈，因而將手術帶來的創傷及疤痕減至最輕。

養和醫院承諾為病人提供最好的醫療服務。本中心的專科醫生全面顧及病人需要和安全，在使用微創手術治療靜脈曲張方面，均具備豐富經驗和超卓技術。

# 外科中心 Surgery Centre

For enquiries and appointments,  
please contact us at:

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## Service Hours

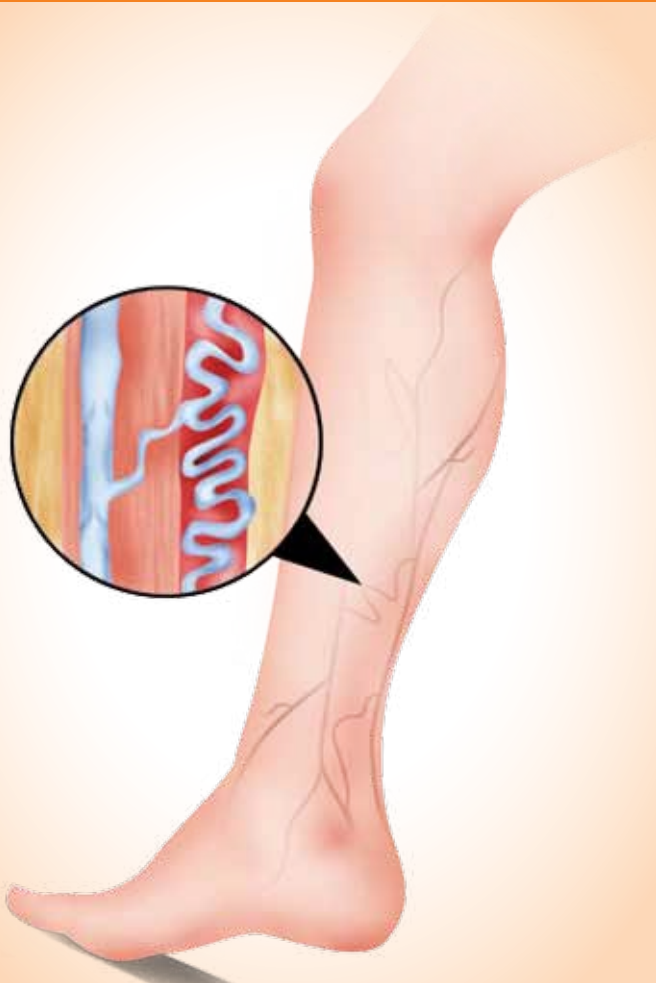
Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

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# Varicose Vein



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## What Are Varicose Veins?

Arteries carry blood from the heart towards the body parts, while veins carry blood from the body parts back to the heart. As the blood is pumped back to the heart, one-way valves in the veins prevent the blood from flowing backwards. If the one-way valves become weak, some of the blood can reflux back into the vein and collect there, causing the vein to become congested or clogged. This congestion will lead to abnormal dilatation of the vein.



Weak one-way valves causing reflux of blood

## Problems Associated with Varicose Veins

Varicose veins are noticeably swollen and raised beneath the surface of the skin. They are dark purple or blue in color, and can look like cords or become twisted and bulging. They are found most often on the back of the calves or on the inside of the legs, anywhere from the groin to the ankle.

Varicose veins usually enlarge and worsen over time. They can cause the legs and feet to swell. Although severe leg pain is not common, leg muscles may feel fatigued or heavy, or throb and cramp at night. The skin on the legs and around the ankles can be itchy or burn. When the skin tissue around the varicose vein does not receive enough nourishment, sores or skin ulcers may develop.

## Ways to Treat Varicose Veins

Generally, there are two options: conservative measures such as compression stockings, or corrective measures such as surgery, sclerotherapy or laser treatment to remove the veins. In many cases, a combination of treatment may work best.

## Treating Varicose Veins by Minimally Invasive Surgery

- 1. Subfascial endoscopic perforating vein surgery (SEPS)** refers to the division of perforating veins, which are dilated hence allowing reflux of blood to the varicose veins. The operation separates the superficial varicose veins from the deep venous system with endoscopic means. A small incision at the upper part of the leg alone is required to complete this procedure. This procedure can reduce the recurrence of varicose veins.
- 2. Transilluminated powered phlebectomy** is a procedure in which the surgeon makes two to three 2mm incisions on the skin and removes the varicose vein using a small powered surgical device while viewing the vein using a transilluminating light. “Transilluminated” refers to the passing of light under the skin and “phlebectomy” is the medical term for vein removal.

## Advantages of Minimally Invasive Surgery

With subfascial endoscopic perforating vein surgery (SEPS) and transilluminated powered phlebectomy, the surgeon removes veins through a minimal number of small incisions in shorter operation time, which leads to earlier recovery for the patient with good cosmetic results.

Hong Kong Sanatorium & Hospital is committed to providing the most up-to-date and the best service to our patients. Experienced specialists in our Centre can offer the most patient-friendly approach for treating varicose veins safely using minimally invasive technique.