

**Efficacy and safety of Ambulatory Phlebectomy.
The first experience in Chile, using tumescent anesthesia.**

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TITLE: Efficacy and safety of Ambulatory Phlebectomy. The first experience in Chile, using tumescent anesthesia.

OBJECTIVE(s): To evaluate efficacy and safety of Ambulatory Phlebectomy performed by using tumescent anesthesia.

METHOD(s): Prospective protocol, with clinical follow-up. April 2003 to October. 2008 Selection criteria: this technique was applied to all patients with varicose veins above 3 mms of diameter. Patients with reflux at saphenous-femoral junction level and along the internal saphenous pathway, were treated first with Endovenous laser treatment. Patients with saphenous - popliteal reflux, collateral veins or perforator veins insufficiency were treated only with Ambulatory Phlebectomy. All procedures under local tumescent anesthesia. The solution we use consists of 454 ml of 0.9 normal saline and 30 ml of Xylocaine 1% with epinephrine 1: 100.000. In addition 16 mL of sodium bicarbonate is added. Muller and Varady hooks were used as surgical instruments. All patients fully ambulatory. Not sedation.

Exclusion criteria: patients with cardiovascular morbidity, specially diabetic patients. The age was not an exclusion criteria. Simple descriptive statistical analysis was done.

RESULT (s): 1176 Ambulatory Phlebectomies in 950 patients, 85,97% female and 14,03% male. Age average 52,50 (SD 13,34). Total average volume of anesthesia 157,87 cc (SD 60,62). 17% patients were treated previously by EVLT. 33% patients were treated by ligation of sapheno-popliteal junction. Resection of varicose veins was performed at the same time of ligation. Effectiveness was achieved by clinical evaluation of disappearance of varicose veins and satisfaction of the patients.

No complications in 93,71% of the procedures, scale (1-10). No mayor morbidity in the series. Minor complications observed, such as, Hematoma 2,04%, Pain Edema 0,85% Lymphangitis 0,34%, Infection 0,26% and Lymphocele 0,26%

CONCLUSION(s): Ambulatory Phlebectomy under Local Tumescent Anesthesia is a safe and effective treatment of varicose veins. Beyond the objective of this trial the tolerance and satisfaction of the patient was very high from the medical point of view and also for the excellent cosmetic results.