

# An easier way to treat varicose veins



Leading vascular surgeon Michael Gaunt discusses the treatment of varicose veins and threadveins

## What are varicose veins?

Varicose veins occur when small valves inside the veins stop working properly. Rather than blood flowing smoothly back towards the heart, the blood stagnates within the veins causing aching, tiredness and discomfort. Initially, problem veins may not be visible but symptoms occur. Sometimes patches of blue threadveins may be the first signs of an underlying problem. Eventually, the abnormal veins become swollen, enlarged and varicose. Varicose veins are usually blue or dark purple in colour and may also be lumpy or twisted in appearance. They are very common, affecting up to 20% of the adult population in the UK. While any vein can be affected, varicose veins most commonly develop in the legs and feet – mainly because standing and walking put pressure on the veins in the lower body.

## Why should I consider having them treated?

In the early stages, varicose veins and threadveins may be mainly a cosmetic problem. However, if ignored, the condition can deteriorate and various complications can occur such as leg swelling, pigmentation of the skin around the ankles and ulcers. Sometimes, veins can burst causing bleeding or the blood within the veins can clot leading to the painful condition of phlebitis or even deep vein thrombosis. People who use air travel for work or holidays may be at increased risk particularly if those flights are long haul.

## What is involved in treatment and is it painful?

Fortunately, modern minimally invasive treatments can often be performed under local anaesthetic as a walk-in walk-out procedure, with minimal post-operative pain and almost immediate return to normal activity. Michael Gaunt has extensive experience of these procedures, having treated over 4,000 patients with the Endovenous laser and Clarivein techniques. Both are associated with considerably less pain, bruising and scarring than traditional stripping techniques.

## Is it permanent?

Modern techniques for treating varicose veins are associated with very good long-term results and patients are benefiting more and more from the advances in the treatments and the procedures now available.

## Once I've decided to have treatment, what is the next step?

Make an appointment for a free 15 minute mini consultation, where we can look at the diagnosis and discuss potential treatment and steps forward. These no-obligation consultations are offered at the BMI Hospital, Bury St Edmunds, the Spire Cambridge Lea Hospital and the Spire Norwich Hospital.

For more information or to make a booking, contact 01223 305858 or visit [www.michaelgaunt.com](http://www.michaelgaunt.com).

## TREATMENT OF THE MONTH

### Germaine de Capuccini at Clarice House

Clarice House has recently introduced the exclusive Germaine de Capuccini label into its salons.

Germaine de Capuccini products combine natural active ingredients with cutting edge technology to create some of the most influential skin care products and professional spa therapies the beauty industry has ever seen.

Journey into Serenity starts with relaxation as the therapist waves vitality oil, a blend of mandarin, nutmeg, lime and Italian lemon, through the air.

This progresses to a hot stone pinda massage to relax the whole body.

The next stage is a back and neck massage to promote a sense of wellbeing and relaxation using warm wax poured from the Germaine de

Capuccini Essence of the Mediterranean candle.

Next, the Germaine de Capuccini Spa Prescriptive Facial, designed to suit your skin's needs and

using some of the most advanced facial products available. Experience Kobido cleansing, a Japanese art of massage for a total facial cleanse.

The application of serums follows, working deep into the skin. The lymphatic facial massage is designed to eliminate toxins and reduce puffiness.

The therapist then applies a sybarite silk wrap to your scalp and performs a massage to nourish the scalp and hair.

Finally, the therapist stretches your neck and rolls your head to release any last remains of tension. Then a spritz of exclusive Germaine de Capuccini Central Park perfume and a finishing 'bear walk' around your body.

The treatment lasts 1 hour 30 minutes and costs £62. For further information visit [www.claricehouse.co.uk](http://www.claricehouse.co.uk)

