

下肢靜脈曲張之治療

- 壓迫治療法
- 雷射治療
- 硬化劑治療
- 手術治療

壓迫治療法

- 減少病變靜脈的擴張
- 使閉鎖不全的靜脈瓣膜互相靠近，進而改善靜脈瓣膜功能
- 減少靜脈內血液的量，進而增加血流在靜脈內的速度
- 使用彈性襪，利用外在的壓力來減少運動時產生的水腫
- 彈性襪的壓力差，在腳踝最大，往上逐漸減少其壓力
- 通常只需及膝彈性襪即可
- 彈性襪在起床後穿著，一直到夜間上床才可脫掉

雷射治療

- 血管外雷射或脈衝光
 - 和去除斑點的雷射美容原理一樣，只針對細微的蜘蛛靜脈曲張，常需數次療程才有效
- 血管內雷射治療
 - 用雷射光束燒灼，阻斷曲張的靜脈血流

第一型-蜘蛛狀靜脈曲張



第二型-靜脈擴張型靜脈曲張



第三型-網狀靜脈型靜脈曲張



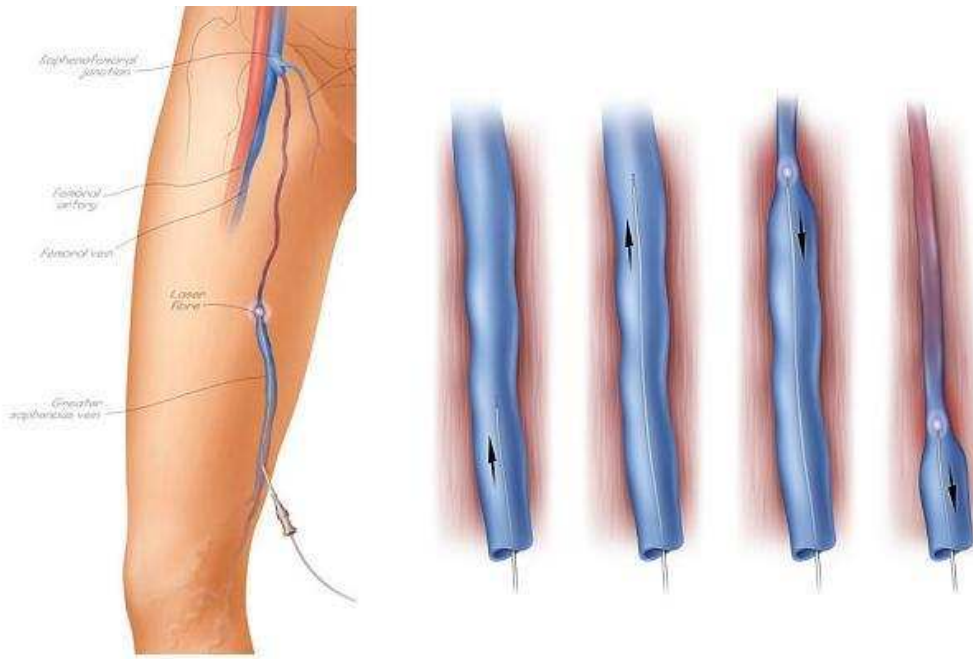
第四型-非隱靜脈型靜脈曲張



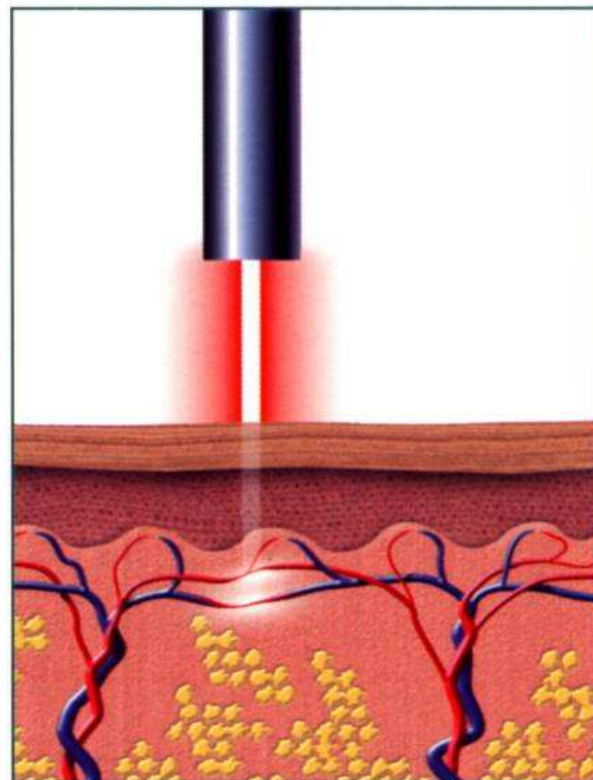
第五型-隱靜脈型靜脈曲張



靜脈內雷射治療



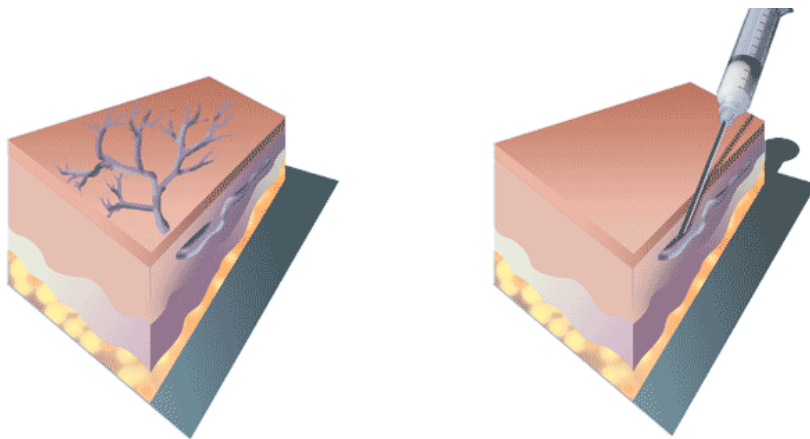
皮膚表面雷射治療



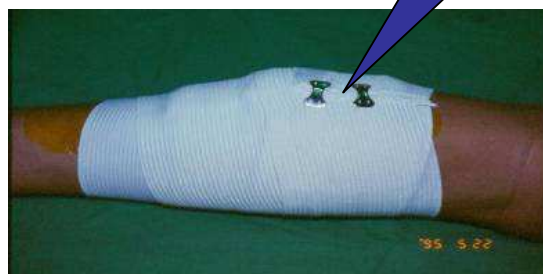
硬化劑治療

- 將高張性溶液注射到曲張的靜脈，破壞血管內膜，使其封閉後癒合消失
- 方法簡單但復發率高
- 可能的併發症包括皮膚的色素沈積，靜脈血栓，靜脈血管炎，甚至皮膚潰爛

硬化劑治療



硬化劑治療



- 0.2%,0.5% sodium tetradecyl
- Hypertonic saline

蜘蛛靜脈曲張



治療前

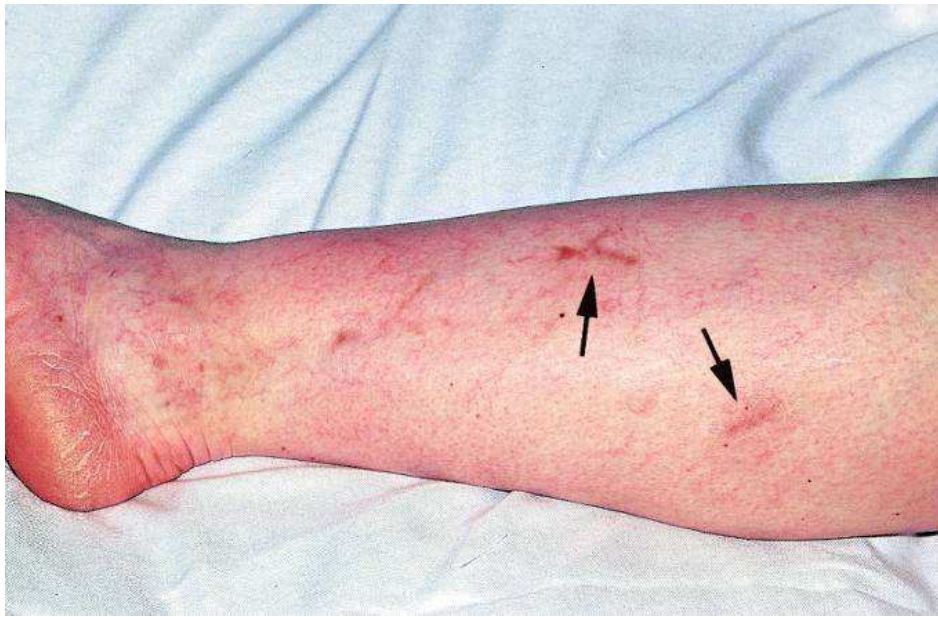


六週後



十四週後

皮膚色素沈著



手術治療

- 最有效，復發率最低的積極療法
- 一般來說，五年內復發率低於百分之十五
- 可能的併發症包括出血，皮下血腫，靜脈血栓，表淺神經受傷，股靜脈損傷，甚至皮膚潰爛

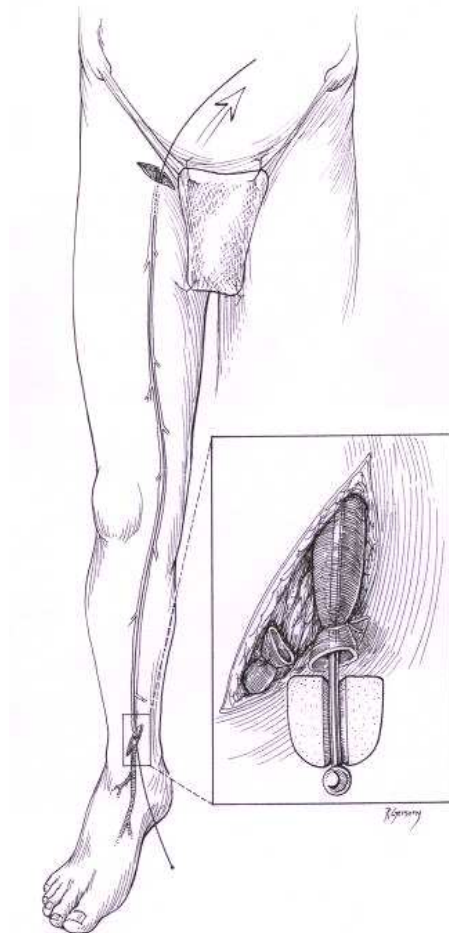
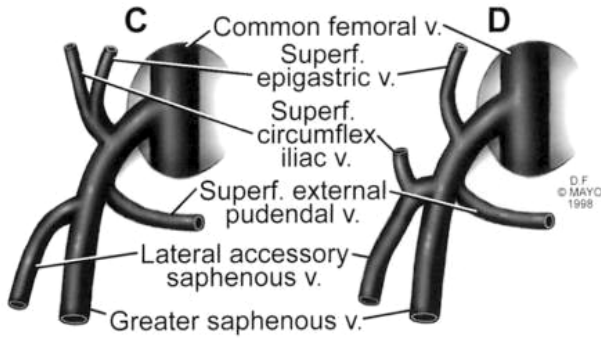
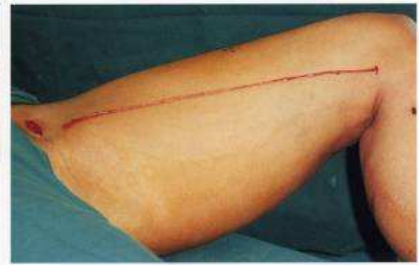
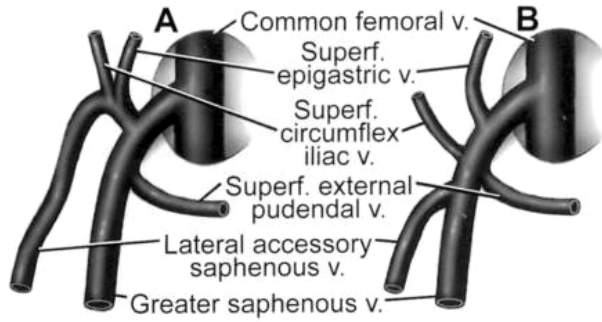
手術治療的適應症

- 疼痛
- 沈積性皮膚炎
- 慢性潰瘍
- 血栓靜脈炎
- 美觀

手術治療

- 高位結紮術
- 隱靜脈摘除術
- 局部靜脈抓除術
- 筋膜下穿通枝結紮術

高位結紮術

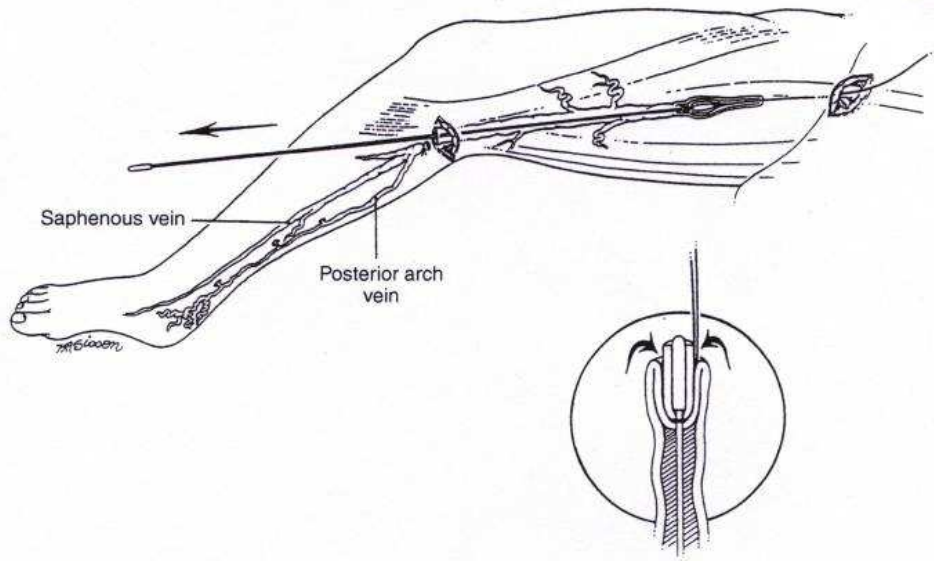


隱靜脈摘除術

Figure 246

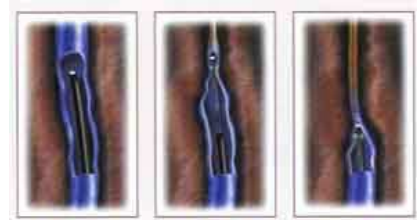
The traditional method of addressing varicose veins begins with stripping of the greater saphenous vein. The vein is exposed through a small groin incision, and an incision is placed just anterior to the medial malleolus. The plastic rod is threaded from the foot to the groin. The vein is bed over the rod, and the bullet is attached (inset). The patient is placed in a steep Trendelenburg position, and the vein is stripped as the instrument is withdrawn.

FIGURE 147-4. Removal of the thigh portion of the saphenous vein is the mainstay in surgical treatment of primary venous insufficiency. The endoluminal device, commonly a disposable plastic stripper, can be introduced from above downward, the vein ligated around the stripper proximally. As distal traction is applied, the vein is then inverted into itself and removed distally in the region of the knee. This minimizes tissue trauma but accomplishes the desired result of detaching the superficial venous system from perforating veins that are transmitting intercompartmental pressure to unsupported subcutaneous venous networks.

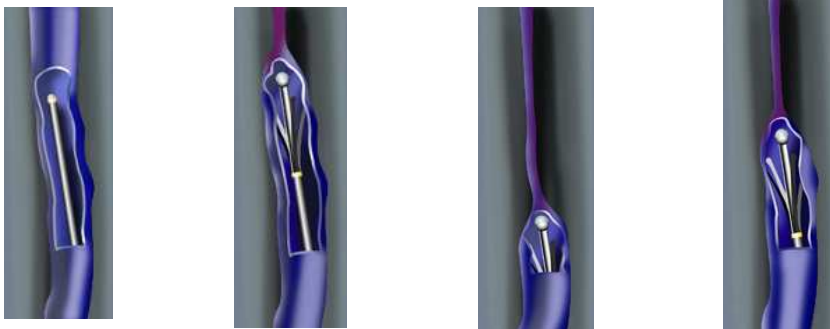


下肢靜脈曲張之精緻手術

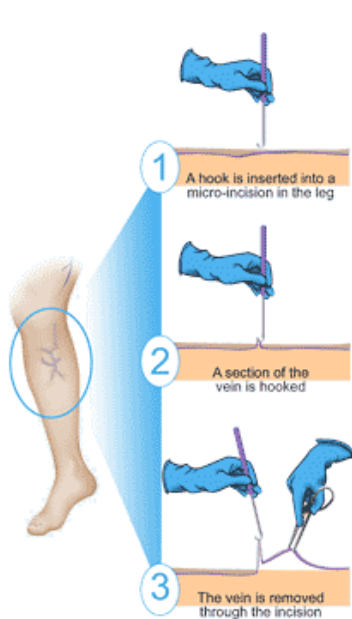
射頻刀系統



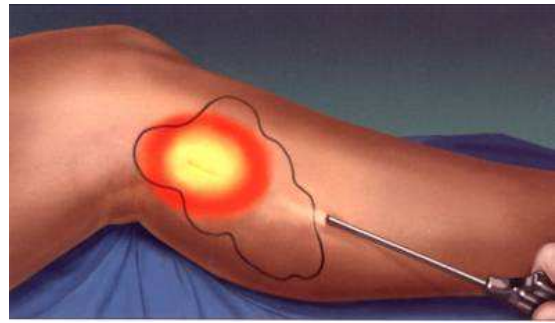
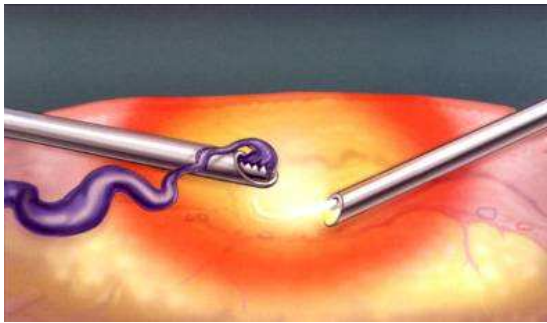
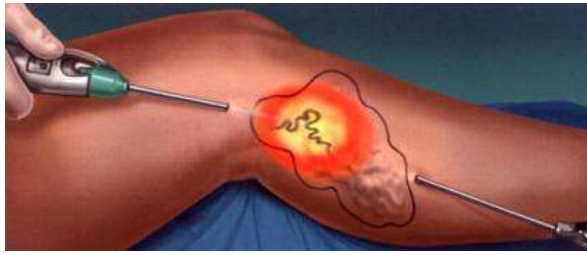
下肢靜脈曲張之精緻手術



下肢靜脈曲張之精緻手術



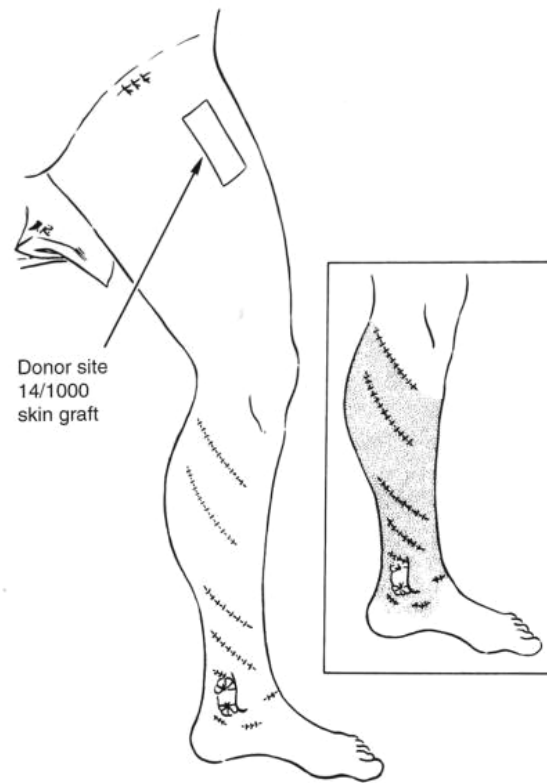
光導引靜脈曲張叢切除術



下肢靜脈曲張之精緻手術



筋膜下穿通枝結紮術



下肢靜脈曲張之術後照顧

- 所有的治療都只是治標或部分治本的，仍須適當的術後照顧來預防復發
- 穿戴彈性襪、運動、飲食或生活作息的改變
- 控制體重、減輕下半身負擔
- 睡覺時將腳抬高於心臟，可側睡左邊以降低骨盆腔靜脈的壓力
- 避免服用避孕藥、穿著過緊的衣物及高跟鞋
- 避免翹二郎腿及久站或久坐