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超声下腔内激光消融联合点式剥脱治疗大隐静脉曲张的效果和安全性观察*

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摘要 目的:探讨超声下腔内激光消融联合点式剥脱治疗大隐静脉曲张的效果和安全性观察。**方法:**选取我院血管外科在 2019 年 1 月到 2021 年 12 月收治的 140 例大隐静脉曲张患者作为研究对象。将所有患者依照住院号单双号进行分组,分为联合组与对照组,每组 70 例。对照组采用常规高位结扎联合抽剥术进行治疗,联合组采用超声下腔内激光消融联合点式剥脱进行治疗。对比两组手术指标、临床疗效、术前后下肢深静脉瓣膜功能变化以及术后并发症的发生率。**结果:**联合组的手术耗时较对照组高,术中出血量、切口个数及住院时间均较对照组低($P<0.05$);两组临床疗效分布对比有明显差异,且联合组显效率高于对照组($P<0.05$);术后 3 个月两组 VCT 均有缩短,Vmax 均有提升,且联合组术后 3 个月 VCT 较对照组短,Vmax 较对照组高($P<0.05$);联合组术后并发症较对照组低($P<0.05$)。**结论:**对大隐静脉曲张患者采用超声下腔内激光消融联合点式剥脱方法治疗,与常规手术相比疗效更佳,且能够明显改善患者下肢静脉瓣膜功能,安全性高。

关键词:腔内激光;点式剥脱;大隐静脉曲张

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Effect and Safety Observation of Ultrasonic Intraluminal Endovenous Laser Ablation and Point Stripping in the Treatment of Varicosis of Great Saphenous Vein*

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ABSTRACT Objective: To investigate the effect and safety of ultrasonic internal endovenous laser ablation and point stripping in the treatment of varicosis of great saphenous vein. **Methods:** 140 patients admitted from January 2019 to December 2021 were selected as the study subjects. All patients were grouped according to hospitalization numbers into observation and matched groups, 70 per group. The matched group was treated with conventional high ligation combined with stripping, and the Joint group was treated with ultrasound subluminal laser ablation combined with point stripping. The two groups were compared with the surgical indexes, the clinical efficacy, the changes in the deep vein valve function of the lower limbs after surgery, and the incidence of postoperative complications. **Results:** The operation time of joint group was higher than that of matched group, and the amount of intraoperative blood loss, number of incisions and length of stay were lower than that of matched group ($P<0.05$); The clinical efficacy distribution between the two groups, and the development efficiency of the joint group was higher than that of the matched group ($P<0.05$); The VCT was shortened in both groups at 3 months after surgery, Vmax improved, the VCT in the joint group was shorter than that in the matched group ($P<0.05$), The Vmax was higher than that in the matched group ($P<0.05$); The postoperative complications in the joint group were lower than those in the matched group ($P<0.05$). **Conclusion:** Patients with varicosis of great saphenous vein combined with point stripping have better efficacy than conventional surgery, and can improve their lower limb venous valve function and high safety.

Key words: Endovenous laser ablation; Point peeling; Varicosis of great saphenous vein

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前言

大隐静脉曲张是临床常见的血管疾病。多发于久坐、久站、高强度体力活动那个的人群当中^[1,2]。大隐静脉是指位于下肢内

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侧的浅表静脉,其起于足背静脉,经内踝前方沿小腿内侧上行,至大腿根部入股静脉。该病发病率高,有研究显示,在患病的人群当中男性比例大约为 40%~50%,女性比例大约为 50%~55%,其中,肉眼可见的静脉曲张男性比例为 10%~15%,女性比例为 20%~25%^[3,4]。由静脉瓣膜关闭不全引起大隐静脉曲张多,具体为静脉瓣膜缺陷、静脉壁软弱极易静脉内压力升高引起的。其临床表现为进行性加重的下肢浅表静脉扩张、迂曲及隆起,其中小腿内侧最为明显^[5,6]。大隐静脉曲张早期表现为下肢酸胀不适、沉重乏力,久站不适。病情发展到后期则会出现皮肤营养性改变,如色素沉着、溃疡、皮肤萎缩及湿疹等。目前临床对于该病症的治疗为早期患者采用药物治疗,严重患者则采取手术治疗^[7,8]。传统手术方式主要以高位结扎术联合抽剥术为主,但该手术创伤大、手术时间长且并发症多、复发率高,效果不理想。随着国内外医学的发展,微创手术逐渐在临床上应用。具有创伤小、术后恢复快等优势。近期有相关学者研究指出,超声下腔内激光消融对于大隐静脉曲张有明显效果^[9,10]。鉴

于此,本研究探讨了超声下腔内激光消融联合点式剥脱治疗大隐静脉曲张的效果和安全性观察。

1 资料与方法

1.1 一般资料

选取在 2019 年 1 月到 2021 年 12 月我院血管外科收治的 140 例大隐静脉曲张患者作为研究对象。将所有患者依照住院号单双号进行分组,分为联合组与对照组,每组 70 例。

纳入标准:(1)均符合下肢静脉曲张的诊断标准^[11];(2)术前检查均符合手术指征;(3)均为单侧病变;(4)均有完整的临床资料。

排除标准:(1)认知障碍者(2)血液系统疾病患者;(3)合并严重心、肝、肾功能不全者;(4)并发严重器质性疾病诸如冠心病、肾功能衰竭者;(5)精神疾病患者。

两组患者一般资料对比无差异($P>0.05$)。如表 1 所示。本研究经我院伦理委员会批准。

表 1 一般临床资料对比
Table 1 Comparison of general clinical data

Indexs		Joint group (n=70)	Matched group(n=70)
Sex	Male	45	43
	Female	25	27
Age (years)		43~75	45~76
Average age (years)		59.29± 5.42	60.29± 4.42
Disease course (years)		2~9	3~9
Mean course of disease (years)		4.79± 1.22	4.29± 1.42
CEAP level	C4	22(31.43)	21(30.00)
	C5	27(38.57)	29(41.43)
	C6	21(30.00)	20(28.57)
Clinical manifestation	Chromatosis	28	26
	Foot and ankle edema	26	29
	Skin ulcer	16	15

1.2 方法

对照组采用常规高位结扎联合抽剥术进行治疗。首先对患者进行腰间隙阻滞麻醉。观察腹股沟韧带下缘与平大腿内侧交汇处,在合适处做一个约 2 cm 长的纵行切口。使大隐静脉主干及其分支(包括腹壁浅静脉、旋髂浅静脉、外侧静脉以及阴部外静脉及股内)完全暴露,找到股静脉,在距离股静脉 0.5 cm 处将大隐静脉离断。并分别将其它分支予以结扎切断。在内踝上方约 1 cm 处切小口插入剥脱器,将大隐静脉主干剥脱。再将小腿曲张静脉团皮肤切开,做皮下潜行分离,切断结扎各交通分支,逐步将小隐静脉的曲张部分全部剥离。手术完毕。

联合组采用超声下腔内激光消融联合点式剥脱进行治疗。首先对患者进行全麻复合硬膜外麻醉。通过彩超扫描对静脉回流不全的位置进行标记,观察并寻找股动脉搏处,对其进行切口,找到股静脉与大隐静脉的交界的位置,将大隐静脉主干及其分支结扎切断。在静脉主干处采用激光闭塞实施腔内治疗,

将导丝从内踝部位向上顺入,放置导管。抽出导丝连接激光及光纤,抽出大约 1 cm 的导管,设置激光系统参数,且进行多点位穿刺迂曲成团块病变位置。调整功率至 12 W,每间隔 1 s 释放 1 s 脉冲。发射激光的同时以 5 mm/s 的速度撤出导管,按照激光所示路线进行按压,促进静脉闭合,用驱血带从足背开始向大腿中下 1/3 处驱血,去除小腿驱血带,采用宽止血带收紧。两组患者在术后均采用弹力绷带加压包进行包扎。两到三天后改穿弹力袜,抬高患肢。分别给予防下肢静脉血栓形成的药物。

1.3 观察指标

1.3.1 一般手术指标比较 统计患者分析手术耗时、术中出血量、切口个数及住院时间。

1.3.2 临床疗效比较 分别就两组的 3 d 色素沉着、肿胀、疼痛等症状进行评价。显著:患者 3 d 色素沉着、肿胀、疼痛等症状均有显著改善;有效:患者 3 d 色素沉着、肿胀、疼痛等症状均有好转。无效:患者 3 d 色素沉着、肿胀、疼痛等症状均无好

转迹象。对比两组患者临床显效率。

1.3.3 术前术后下肢深静脉瓣膜功能变化比较 使用超声监测两组下肢深静脉瓣膜功能,观察两组患者术前术后反流持续时间(VCT)、峰值流速(Vmax)。VCT>0.5 s, Vmax<10 cm/s 时评定功能不完善。

1.3.4 术后并发症发生率比较 分别统计两组术后神经损伤、皮下硬结、皮下血肿以及浅表血栓性静脉炎等事件的发生情况,并实施组间差异性比较。

1.4 统计学方法

应用 SPSS 22.0,使用($\bar{x} \pm s$)示计量资料,采用 t 检验,使用[n(%)]示计数资料,应用卡方检验, P<0.05 有统计学意义。

2 结果

2.1 一般手术指标比较

联合组手术耗时较对照组高,术中出血量、切口个数及住院时间均较对照组低(P<0.05)。如表 2 所示。

表 2 一般手术指标比较($\bar{x} \pm s$)
Table 2 Comparison of general surgical indicators ($\bar{x} \pm s$)

Indexs	Joint group(n=70)	Matched group(n=100)
Operation time (min)	89.25± 10.89*	81.23± 10.11
Intraoperative blood loss (mL)	83.29± 10.22*	87.29± 20.11
Number of incision(individual)	3.23± 1.21*	4.12± 1.03
Hospitalization time (d)	3.11± 2.11*	5.34± 1.98

Note: Compared with matched group, *P<0.05, the same below.

2.2 临床疗效比较

将两组的 3 d 色素沉着、肿胀、疼痛等症状进行比较。结果

显示,两组临床疗效分布对比有差异,且联合组显效率高于对照组(P<0.05)。如表 3 所示。

表 3 患者临床疗效比较[例(%)]
Table 3 Comparison of the clinical efficacy [Case (%)]

Groups	n	Excellence	Valid	Invalid	Marked effective rate
Joint group	70	67(95.71)	4(5.71)	0(0.00)	67(95.71)*
Matched group	70	56(80.00)	12(17.14)	1(1.42)	56(80.00)

2.3 术前术后下肢深静脉瓣膜功能变化比较

将两组术后 3 个月 VCT 和 Vmax 做比较,结果显示,术后

3 个月两组 VCT 均有缩短,Vmax 均有提升,且联合组术后 3 个月 VCT 较对照组短,Vmax 较对照组高(P<0.05)。如表 4 所示。

表 4 术前术后下肢深静脉瓣膜功能变化比较($\bar{x} \pm s$)
Table 4 Comparison of lower limbs($\bar{x} \pm s$)

Groups	n	VCT(s)		Vmax(cm/s)	
		Preoperative	Three months after surgery	Preoperative	Three months after surgery
Joint group	70	3.76± 0.21	1.56± 0.32 [#]	33.32± 4.17	42.37± 4.58 [#]
matched group	70	3.89± 0.22	2.31± 0.78**	33.33± 4.21	36.36± 4.11**

Note: Compared with the preoperative same group: [#]P<0.05; Compared with the matched group: P<0.05.

2.4 术后并发症发生率比较

对两组术后各类并发症诸如隐神经损伤、皮下硬结、皮下血肿以及浅表血栓性静脉炎等事件的发生率展开组间差异性比

较。结果显示,联合组术后并发症总发生率为 1.43,明显低于对照组 11.42%(P<0.05)。如表 5 所示。

表 5 并发症发生率比较[例(%)]
Table 5 Comparison of the incidence of complications[n(%)]

Groups	n	Hidden nerve injury	Underskin hard knot	Ecchymoma	Shallow thrombophlebitis	Total incidence
Joint group	70	1	0	0	0	1(1.43)
Matched group	70	3	2	2	1	8(11.42)

3 讨论

大隐静脉曲张是临床中常见的一种疾病,该病属于下肢静脉中的多发疾病^[12]。引发下肢静脉曲张的因素有很多,其中包括年龄、怀孕及家族史^[13]。由于患者大隐静脉反流和隐股静脉功能不全,造成静脉压力增加,致使下肢静脉迂曲扩张。若没有及时得到治疗,会严重影响患者的日常生活及工作,且随着病情的发展还会引起血栓的形成^[14]。目前临床治疗方式主要为手术治疗。随着医学的发展,近年来,微创腔内静脉技术已在临床上替代传统手术逐渐应用。腔内静脉技术常见的有超声引导泡沫硬化治疗、腔内激光消融和射频消融^[15]。大隐静脉腔内技术与传统手术相比,有创伤小、术后疼痛少、并发症少、恢复时间快以及复发率低等优势^[16]。腔内激光消融是通过光(电磁辐射)来使静脉闭合,可明显境地患者术后出血、术后疼痛、伤口感染率及血肿,且恢复时间快。采用腔内激光消融对大隐静脉曲张患者进行治疗还可以使患者的新生血管减少,术后复发率低^[17]。因此本研究采用超声下腔内激光消融联合点式剥脱代替传统熟手治疗大隐静脉曲张,探讨其临床效果及安全性。

本研究通过设立不同分组的方式,探究了超声下腔内激光消融联合点式剥离和高位结扎联合抽剥术对麻醉状态下的大隐静脉曲张患者的应用,发现联合组手术耗时较对照组高,术中出血量、切口个数及住院时间均较对照组低,提示大隐静脉腔内激光消融的应用能够有效降低患者术中的创伤,缩短了患者术后康复的时间。该结果与学者刘永庆等^[18]具有相似性,他们将下肢静脉曲张患者设为研究对象的方式,就腔内激光消融术与传统静脉剥脱手术的优劣进行了比较,发现在术中出血量、切口个数、住院时间方面,腔内激光消融术较传统静脉剥脱手术优势更为明显。分析可知:传统的手术方法是将对大隐静脉起始部结扎,使大隐静脉主干与残余静脉曲张的静脉剥离与切除。能够及时消除患者的临床症状^[19]。但传统手术的并发症较多,例如股静脉或股动脉受损引起的切口感染、出血、皮下血肿形成以及神经损伤引起的感觉异常与麻木,严重者还有可能引起肺栓塞^[20]。根据以往长期随访的记录来看,传统手术的复发率较高,可达30%~60%^[21]。其复发原因可能跟新生血管的形成及双隐静脉的手术操作失误有关^[21]。而超声下腔内激光消融术符合微创的特征,通过光纤周围的血红蛋白吸热的原理,经光纤传送,利用光纤与血管组织接触产生的热效应,使得静脉壁上的酶或者蛋白质失去活性,对静脉壁进行破坏,达到治疗病变血管的目的,可有效闭合血管、减轻周围神经组织损伤^[22-25]。

本研究进一步分析可知:联合组显效率高于对照组且联合组术后并发症总发生率为较对照组低;腔内激光消融术联合点式剥离术可有效改善下肢深静脉瓣膜功能与深静脉瓣膜功能指标,且较常规组优势更明显。表明腔内静脉消融术与传统手术相比,临床疗效更优且安全性高。该结果与 Leopardi M 等人^[26]的报道具有一致性,Leopardi M 报道显示:腔内激光消融在治疗下肢静脉曲张患者的治疗当中可有效改善血管内皮功能,改善局部血液流变学指标,从而起到减轻色素沉着,皮肤瘙痒以及肿胀等症状。这是因为腔内激光消融术联合点式剥离术通过在大腿和小腿处的剥离器可使大隐静脉主干进行完整、分段剥

离,从而彻底有效地对患肢大隐静脉进行剥除^[27,28]。此外,该手术通过在小腿处做微创切口,利用小弯血管钳剥除静脉,能够避免对损伤隐神经,安全性较高^[29]。腔内激光消融术联合点式剥离术可使患肢大隐静脉有效、彻底的清除病灶组织,保证血液通畅^[30],并利用热效应达到增进静脉血管壁首存部位的自我修复功能。因此对深静脉瓣膜功能的改善效果也尤为明显^[31]。本文也存在一定不足,如样本量小,未深入分析两种手术方式联合使用的其他方面的优势,将至后续深入分析。

综上,对大隐静脉曲张患者采用超声下腔内激光消融联合点式剥脱方法治疗,与常规手术相比疗效更佳,且可明显改善患者下肢静脉瓣膜功能,安全性高,值得临床借鉴。

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