

Self-Assessment Form for varicose veins

History

Have you ever had varicose veins?

Varicose veins are large, bulging veins, as opposed to spider veins, which are thin, branching veins just beneath the skin's surface.

- Yes No

Signs and Symptoms

Do you experience any of the following signs and symptoms in your legs or ankles?

- Leg pain, aching or cramping
- Burning or itching of the skin
- Leg or ankle swelling, especially at the end of the day
- Heavy" feeling in legs
- Skin discoloration or texture changes, such as above the inner ankle
- Open wounds or sores, such as above the inner ankle
- Restless legs

Risk Factors

Has anyone in your blood-related family ever had varicose veins or been diagnosed with chronic venous insufficiency or venous reflux?

- Yes No

Have you had any treatments or procedures for vein problems?

Yes

No

Do you stand for long periods of time, such as at work?

Yes

No

Do you frequently engage in heavy lifting?

Yes

No

Have you ever been pregnant?

Yes

No

If you answer yes to any of the questions, you may be at risk for venous disease, and it is recommended you schedule an appointment with our experienced Surgeon.