

**Cryostripping Versus Conventional Saphenectomy in Chronic Venous Disease Treatment:
A Single Center Retrospective Cohort Study**

Sergiu-Ciprian Matej^{1,2}, Daniela Radu-Teodorescu^{1,2,3}, Marius Sorin Murariu^{1,2,3},
Cristina Ștefania Dumitru⁴, Sorin Olariu^{1,2,3}

¹Abdominal Surgery and Phlebology Research Center, Victor Babeș University of Medicine and Pharmacy Timișoara, Romania

²1st Surgical Department, Pius Brînzeu Emergency County Hospital Timișoara, Romania

³Victor Babeș University of Medicine and Pharmacy, X Surgical Department, Timișoara, Romania

⁴Department of Microscopic Morphology/Histology, Victor Babeș University of Medicine and Pharmacy, Timișoara, Romania

Abstract

Aim: This study presents a comparative analysis of cryostripping to conventional saphenectomy.

Materials and Methods: The study included 2191 patients admitted in the Phlebology Department, 1st Surgical Department, Emergency County Hospital Timișoara, between September 2013 and April 2023, between September 2013 and April 2023, who underwent saphenectomy by cryostripping (1327 patients) or conventionally (864 patients). We compared the duration and costs of the procedure, hospitalization period, post-operative results, method feasibility, as well as the technical advantages of cryostripping compared to conventional surgery.

Results: A smaller proximal incision, compared to the classic operation, as well the fact that distal counter incision is not necessary, represents technical advantages of this procedure. Average duration of the intervention was 41 ± 12.8 minutes, consumables costs were about 52 ± 10 €/intervention, with an average hospitalization period was 1.05 ± 0.41 days. The post-operative results were favourable, early complications rate being reduced (ecchymoses $F < 2$ cm - 33.23%; hematoma - 2.11%; deep vein thrombosis - 0.15%; transient paresthesias 3.01%). Compared to classic saphenectomy, the costs of consumables/intervention are similar, intervention time, hospitalization period and complication rate being statistically significantly lower. An advantage of the method is the fact that the cryo-probes can be sterilized, being reusable; from the economic point of view, the technique perfectly fits in both public hospitals and private clinics.

Conclusions: Cryostripping is a radical surgical procedure which bring a significant number of advantages compared to the classic saphenectomy, being an effective alternative in CVD treatment.

Key words: cryostripping, conventional saphenectomy, chronic venous insufficiency, venous reflux, public hospital