When Should We Use Prophylactic Anticoagulation In Saphenous Ablation

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Caprini Score For Thrombosis Prophylaxis

Synergism
The interaction of two or more factors to produce a combined effect greater than the sum of their separate effects

Caprini Score For Thrombosis Prophylaxis

1. Risk factors weighted
2. Total score
3. Score compared to clinical DVT

Score validated in 150,000 patients in 50 studies and translated into 25 languages

Caprini validation studies

Patient fills out intake form
Individual responsible for history and physical finalizes form
Prophylaxis strategy applied based on score
Saphenous Ablation Scores

1. Ablation = 1
2. Phlebectomy = 1
3. Varicose veins = 1
4. Leg swelling = 1
5. History SVT = 3
6. History DVT = 3
7. Family history DVT = 3
8. Personal or family thrombophilia defect = 3

Saphenous Ablation Scores

1. Age > 40 years = 1
2. Age > 60 years = 2
3. Age > 75 years = 3
4. BMI > 25 = 1
5. History of cancer = 2
6. Contraceptives or hormone therapy = 1
7. Pregnancy or postpartum (1 month) = 1
8. History of obstetrical complications = 1

Suggested Schema

<table>
<thead>
<tr>
<th>Risk</th>
<th>Caprini Score</th>
<th>Prophylaxis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>1-3</td>
<td>Compression</td>
</tr>
<tr>
<td>Moderate</td>
<td>4-8</td>
<td>Compression + Duplex scan-1 week</td>
</tr>
<tr>
<td>High</td>
<td>9+</td>
<td>LMWH 7-10 days</td>
</tr>
</tbody>
</table>

Conclusion

• The critical score mandating prophylaxis unknown
  – Every other group studied set point found
• Combination procedures increase the risk
  – Ablation
  – Phlebectomy
• Focus on DVT not EHIT
  – Burn injury vs. real thrombosis
• Compression type and duration uncertain

Prospective audit needed to test the validity of this concept