SKIN INSTITUTE

GP Referral Guide

Assessment and Referral of Patients with Venous Disease



Venous disease is common and may present across a spectrum from uncomplicated varicose veins to chronic venous insufficiency, recurrent thrombophlebitis and venous ulceration.

Early identification and appropriate intervention can improve symptoms, reduce complications and prevent permanent skin damage.

Skin Institute provides specialist assessment, duplex ultrasound evaluation and a range of minimally invasive treatment options through a coordinated care pathway.

Why Recommend Skin Institute?

Specialist-led assessment
Vascular surgeons, vein specialists and experienced sonographers

Comprehensive duplex ultrasound mapping
Identifying the source and extent of venous reflux

Coordinated care pathway
Consultation, investigation, treatment and follow-up

Minimally invasive treatment
Endovenous ablation, Ultrasound Guided Sclerotherapy and microsclerotherapy

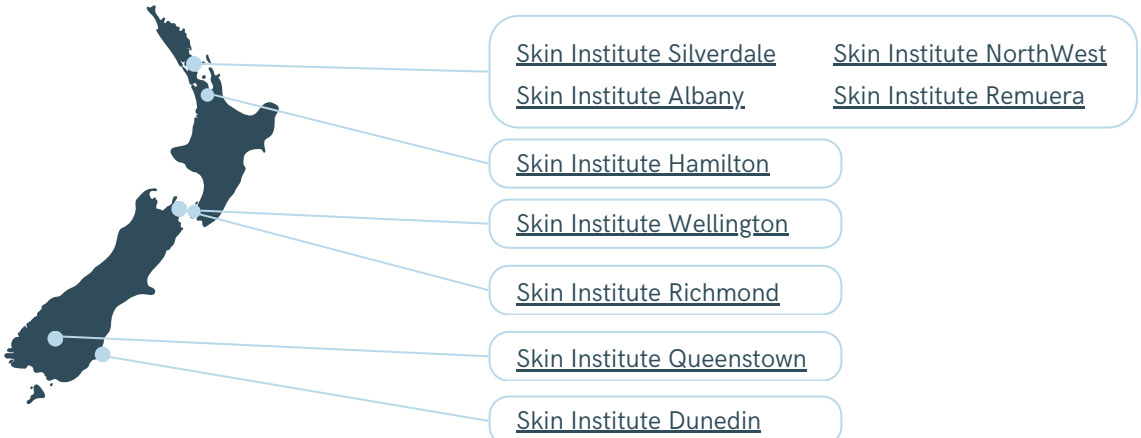
Partnering for better outcomes
Clear communication and ongoing collaboration with referring GPs

Learn more about our Vein Services

Vein Consultations & Ultrasound Mapping

GP Hub: Clinical Information for Referrers

Skin Institute Vein Clinics



When should you consider recommending a patient for a specialist vein assessment?

Specialist assessment should be considered when symptoms, clinical findings or complications suggest clinically significant venous reflux or when patients wish to explore treatment options.

Symptomatic Varicose Veins

- Aching, throbbing, tired, painful or heavy legs
- Itching associated with varicose veins
- Night cramps
- Swelling affecting daily activities

Signs

- Venous eczema
- Lower limb oedema
- Haemosiderin staining
- Lipodermatosclerosis
- Skin thickening of the lower leg and ankle
- Itchy skin over lower legs and ankle areas
- Poor healing or cellulitis history

Complications

- Active venous ulcers
- Superficial thrombophlebitis/DVT
- Bleeding varicose veins
- Recurrent varicose veins following treatment
- Poor healing or cellulitis history

Other reasons

- Diagnostic uncertainty
- Patients seeking treatment for symptomatic or concerning varicose veins

Skin Institute Assessment Pathway

Duplex Ultrasound Mapping & Consultation > Personalised Treatment Plan > Comprehensive Treatment Package

Appointment Types

If your patient has symptoms of varicose veins and has health insurance, we recommend they book a Comprehensive Veins Assessment with duplex ultrasound mapping in the first instance.

If you are unsure whether treatment is required, we also offer a Free Vein Assessment appointment. During the appointment, a member of our veins team will visually examine the patient's legs, discuss their symptoms and assess whether a comprehensive assessment is required.



Learn more about our Free Vein Assessments

Even if your patient is at high risk, there's plenty they can do to support their vein health. Awareness and early action can make all the difference!

Quick Referral Checklist & Printable Guide

Consider recommending your patient to Skin Institute if they present with any of the following:

- Leg aching, cramps or swelling
- Venous eczema or skin pigmentation changes
- Lipodermatosclerosis
- Superficial thrombophlebitis
- Bleeding varicose veins
- Active venous ulcers
- Recurrent varicose veins following treatment
- Uncertain diagnosis



Urgent Referral
Bleeding from varicose veins, rapidly progressing skin changes or non-healing venous ulceration.

Insurance
We are a preferred or affiliated provider for several insurance companies. Coverage varies by individual policy and appointment type. Patients should contact their insurer to confirm their level of cover.

Affiliated Provider Southern Cross Health Insurance

AIA HEALTHIER, LONGER, BETTER LIVES

nib First Choice Network

Referral Pathway

NO FORMAL WRITTEN REFERRAL IS REQUIRED
We do not require a formal referral. However, if you would like to provide any information, please see the guidance below.

Helpful information to include in a referral, if desired

Clinical concerns
☐ Presenting symptoms and duration

Venous history
☐ Previous venous procedures or treatment
☐ History of DVT or superficial thrombophlebitis

Examination findings
☐ Varicose vein distribution (unilateral/bilateral)
☐ Oedema, skin changes or ulceration

Medical information
☐ Significant comorbidities
☐ Current anticoagulation or relevant medications
☐ Allergies

No need to order scans prior to referral

Skin Institute is committed to keeping referring GPs informed at every stage.
Our team is available to discuss patient progress or answer clinical queries at any time.

Treatment Options Available

Treatment options are guided by clinical assessment, duplex ultrasound findings, symptom severity and patient preferences. Depending on the underlying venous disease, treatment options may include:



Ultrasound Guided Sclerotherapy (UGS)

A minimally invasive procedure using ultrasound to guide the injection of a sclerosant solution into affected veins. Suitable for branches and very small truncal veins. Performed as a walk-in, walk-out procedure with no general anaesthetic required.



Endovenous Ablation (EVA)

A thin catheter is inserted into the diseased vein under ultrasound guidance. Suitable for truncal veins. Once in place, controlled heat (radiofrequency energy) is applied to the vein wall, causing it to collapse and seal shut.



Microsclerotherapy

Targeted injection treatment for superficial spider veins and reticular veins. Multiple sessions may be required depending on the extent of involvement. This is not covered by health insurance.



Compression Therapy

Medical-grade compression stockings can be used as a conservative measure or as an adjunct to procedural treatments. Supports venous return and reduces symptoms such as aching, swelling and heaviness.

Aftercare Treatment Guidance

Most procedures are performed as day cases with minimal disruption. Patients are encouraged to mobilise early and wear compression stockings as directed (typically 1–3 weeks). Daily walking supports recovery and reduces complication risk.

Subsequent Treatment Expectations

Follow-up appointments are arranged according to the condition of the remaining veins. Findings and outcomes are communicated back to the referring GP throughout the care pathway.

When to Review or Escalate after Treatment

Contact Skin Institute or advise the patient to seek review if any of the following occur:

- Increasing pain, redness or swelling beyond expected post-procedure discomfort
- Development of an ulcer post treatment
- Symptoms suggestive of deep vein thrombosis (calf pain, swelling, tenderness)
- Signs of infection at treatment sites (warmth, discharge, fever)