Committed to Your Complete Vein Care

Welcome!

Center for Vein Restoration
Love your legs again!
At Center for Vein Restoration we believe that the treatment of venous insufficiency is not a luxury but a necessity. We are nationally recognized as the leader in the treatment of varicose and spider veins and we are dedicated to relieving leg pain, treating the vascular cause of severe leg wounds, and eliminating unsightly veins, allowing our patients to look better, feel better and live better.
Veins normally carry blood from your body tissues back to the heart and lungs to be replenished with oxygen and to be re-circulated. To help the blood from your legs circulate upward, against gravity, each vein is equipped with tiny, one-way valves. With each pump of the heart, the blood pushes up more and more through this series of valves. When these valves fail or leak, the blood pools and stagnates. We call this condition venous insufficiency.

VARICOSE VEINS
Often painful and unsightly, varicose veins are visibly bumpy or rope-like and may occur in almost any part of the leg, most often in the back of the calf or on the inside of the leg between the groin and the ankle. Common symptoms include itching, burning and fatigue. In more severe or chronic cases, varicose veins can be debilitating and limit a person’s mobility. Left untreated, symptoms are likely to worsen, with some possibly leading to venous ulceration, a type of wound that forms on the skin.

SPIDER VEINS
Spider veins are the mildest form of venous insufficiency. They are tangled groups of tiny blood vessels just under the skin’s surface that resemble spider webs or tree branches. Typically, they are red, blue or purple and are clearly visible on the thighs, lower legs and face. Spider veins can sometimes cover large areas of skin, but they are primarily an appearance issue, rarely causing physical symptoms.

Venous Duplex Scan
Also known as “vein mapping,” pinpoints location of weakened valves so varicose veins and spider veins can be effectively treated.
Who is at Risk? Venous insufficiency affects more than 30 million Americans. Several factors, ranging from family history to daily lifestyle factors can increase your risk of developing the disorder.

**HEREDITY**
People with a family history of varicose veins or spider veins have the highest risk of developing them. In fact, even elite athletes can develop varicose veins if they have a family history of venous insufficiency.

**AGE**
Getting older may raise your risk for varicose veins. The normal wear and tear of aging may cause the valves in your veins to weaken and not work well. In fact, one population study showed that about 25 percent of cases were seen in people under 50, with more than 75 percent occurring in people over 50.

**GENDER**
Women tend to get varicose veins more often than men. Hormonal changes that occur during puberty, pregnancy, and menopause (or with the use of birth control pills) may raise a woman’s risk for varicose veins. A recent population study showed that about two thirds of cases occur in women while about a third occur in men.

**PREGNANCY (“MOMMY VEINS”)**
During pregnancy, your body goes through monumental physical and hormonal changes. As your baby grows, the uterus puts increased pressure on your veins. Hormonal changes can also cause the walls of the veins to relax. These factors can combine to cause the one-way valve in one or more veins to stop working. So, blood that should return to the heart instead pools and stagnates. And, studies show that varicose veins can get worse with each subsequent pregnancy.

**OVERWEIGHT (“HEAVY VEINS”)**
Being overweight puts added pressure on the entire body, your veins included. Increased pressure can cause the veins to enlarge and damage the valves that keep blood flowing toward the heart. Often, people with weight problems are not getting regular exercise, which can lead to circulation problems and can make varicose veins worse. If you have a body mass index (BMI) over 25 you are more likely to develop varicose veins or spider veins.

**LACK OF MOVEMENT (“WORK VEINS”)**
If you stand on your feet all day, or sit for a long time, especially with your legs bent or crossed, you may pay a price: achy, tired, heavy legs caused by varicose veins. Lack of movement can lead to blood flowing backwards and pooling, leading to varicose veins.

**HISTORY OF DVT**
Patients who have had deep vein thrombosis (DVT), a blood clot that forms in a vein deep in the body, commonly in the leg or thigh, also may be more prone to developing varicose veins and spider veins. You may have heard about DVT in relation to sitting for long periods, such as on airplanes.
At Center for Vein Restoration, we offer five primary treatments: radiofrequency, laser, ultrasound-guided foam sclerotherapy, visual sclerotherapy and ambulatory phlebectomy. Each of these treatments is quick and relatively painless and most are covered by insurance. After a detailed evaluation by one of our trained vascular technicians, we can help you determine which treatment is most appropriate for your situation.

**RADIOFREQUENCY**
In this method, a thin catheter is inserted into the vein through the skin. The catheter emits radio waves, which heat specific areas of the affected vein, causing it to close. The catheter is withdrawn and the healing process begins. The closed vein is reabsorbed into the body and the blood supply in that area is naturally rerouted to other veins.

**LASER**
Similar to the radiofrequency procedure, a catheter is inserted through the skin into the affected vein. This catheter is equipped with a laser, which heats the vein and closes it. The catheter is withdrawn and the healing process begins. The closed vein is reabsorbed into the body and the blood supply in that area is naturally rerouted to other veins.

**AMBULATORY PHLEBECTOMY**
Often, this relatively minor surgical procedure is routinely conducted at the same time as laser or radiofrequency ablations. The technique is performed through tiny stab incisions that usually do not require skin sutures to heal. The bulging vein is extracted through these small incisions.

**ULTRASOUND-GUIDED FOAM SCLEROTHERAPY**
In this procedure, a medicine called a sclerosant is injected into the problem vein. It “foams,” filling the vein and initiating a reaction that results in vein closure. Blood is then naturally rerouted around the affected area and the vein later is reabsorbed by the body. The physician administering the treatment uses ultrasonography – sound waves – to guide the procedure for maximum accuracy and safety.

**VISUAL SCLEROTHERAPY**
This procedure is reserved for spider veins, which are smaller than varicose veins and are more of an issue of appearance. Similar to ultrasound-guided foam sclerotherapy, a medicine called a sclerosant is injected into the veins, initiating a reaction that causes them to close and be reabsorbed into the body. Unlike ultrasound-guided foam sclerotherapy, however, this treatment is done without the need for imaging equipment, but instead is done “visually” by a health professional. This appearance-related treatment is not normally covered by insurance.

Venous insufficiency often can be treated quickly through a variety of minimally invasive, outpatient procedures. You and your doctor can determine the best course of treatment based on your specific case. In some cases, your doctor may prescribe conservative measures, such as weight loss, exercise or wearing compression stockings. In other cases, it may be necessary to close the affected veins so that the body can simply reroute the blood supply and restore healthy circulation. During the healing process, closed veins are replaced with (internal) scar and no longer carry blood and blood returns through the heart through alternate routes.
"The doctors and staff did fantastic work on my legs and now I love my legs again!"

- SHARON
  Maryland

"I am no longer embarrassed and self conscious of my legs! Best of all no more pain."

- BETH
  Virginia

"After 40 years of putting up with the bumps, pain, and embarrassment of ugly bulging legs,...my legs are no longer heavy, tired weights.

- CARLTON
  Michigan
Have you had to give up wearing your summer shorts because you’re embarrassed about ugly varicose and/or spider veins?

We can help you feel confident again!

Have you had to set aside your all-star dreams because varicose veins have curtailed your mobility?

We can help you get back in the game!

Have you been avoiding your favorite activities because your varicose veins make your legs feel heavy and tired?

We can help you feel free to roam again!
With multiple locations and more to open soon, we have assembled the most qualified and experienced team of physicians, researchers and staff to serve patients across Maryland, Washington DC, Northern Virginia and Western Michigan.

We are proud that we employ some of the highest-caliber surgeons and medical teams in the profession and offer a complete array of clinical procedures for the treatment of vein disease, dealing with root causes and serious health issues, not just improving our patients’ appearance. Additionally, our researchers, while working to refine the work we do every day, are also looking to the future, researching new methods and technologies to improve the practice of vascular medicine.

Finally, we are proud to say we are the largest organization of our kind, conducting more varicose vein and spider vein procedures than any other vein clinic. Why is this important? Our practice is built on experience, expertise and trust, so our patients can be assured that when they call us for a consultation they’re dealing with the most knowledgeable professionals who can provide them the safest, most positive experience possible.

If you have further questions please call us at 1-855-835-VEIN (1-855-835-8346)
For education or location information visit us at www.CenterforVein.com