

# PATIENT HANDBOOK

Your step-by-step guide to the treatment and  
management of your vein disease.



## THANK YOU FOR CHOOSING



Improving lives in the communities we serve by providing state-of-the-art  
vascular care in a compassionate and affordable manner.

[centerforvein.com](http://centerforvein.com)

## WELCOME TO CENTER FOR VEIN RESTORATION

Thank you for choosing Center for Vein Restoration – our staff is committed to the long-term treatment and monitoring of your venous insufficiency.

Venous insufficiency is a chronic ailment. The initial treatments will alleviate the majority of your symptoms. However, please remember that long-term follow-up is essential to maintaining your legs' health. As a result, I must emphasize that today we are entering into a partnership. For optimal results, we must both keep our respective promises.

The promises we seek from you include lifestyle changes if warranted, the use of compression stockings when indicated, and that you keep your appointments. During the course of your treatments, there may be times when you debate the need to call your doctor or nurse after hours. Instead, follow this simple rule: "When in doubt, always call."

We're proud to offer the most advanced and patient-focused diagnostic and therapeutic methods for the treatment of your venous insufficiency. But, more importantly, we are committed to always being available to our patients.



A handwritten signature in black ink, appearing to read "Sanjiv Lakhnani".

Yours in good health,  
**Sanjiv Lakhnani, MD, FACS**  
President & CEO

## WHY CENTER FOR VEIN RESTORATION?

Since 2007, Center for Vein Restoration (CVR) has been a leader in the diagnosis and treatment of venous insufficiency (vein disease)—in fact, veins are our sole focus. We are continuously redefining the care of patients with venous disorders by providing comprehensive vein care throughout the United States in an environment of clinical excellence, integrity, mutual respect, and trust.



Concierge-level care, always delivered with a smile. From your first call to your final check-up, it is essential to us that you have a pleasant, efficient, and professional experience. We have earned a 98% patient satisfaction score over the last 10 years as a result of providing the highest level of care.



We impact the lives of over 100,000 patients annually. We conduct more vein procedures than any other vein clinic or hospital. Our practice, the largest of its kind, is built on experience, expertise, and trust. Our team of board-certified physicians and vein care specialists will provide the safest, most positive treatment outcomes.



Our complete treatment plans are personalized to your clinical need and insurance requirements. Our doctors are trained in all modern vein closure modalities, including the newest non-thermal technologies, such as Varithena and VenaSeal. The best choice will be made to match your needs.

Thank you again for choosing Center for Vein Restoration for your complete vein care. We are honored to serve you.

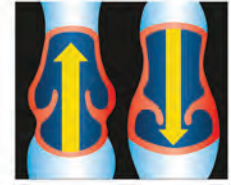


## WHAT IS VENOUS INSUFFICIENCY?

Veins normally carry blood from your body tissues back to the heart and lungs to be replenished with oxygen and re-circulated. To help blood in your legs work against gravity and circulate upward, each vein is equipped with tiny, one-way valves. When these valves fail or leak, blood pools, and stagnates. This is called venous insufficiency, or **vein disease**.



Healthy veins with normal valves



Diseased veins with weakened valves

## VEIN DISEASE – A PROGRESSIVE DISORDER



Vein disease is the most common cause of leg ulceration. A 2018, peer-reviewed study in *The New England Journal of Medicine* concluded that early treatment of vein disease resulted in faster healing and a lower recurrence rate of leg ulcers. If vein disease goes untreated it can also increase the risk of deep vein thrombosis (DVT).

Not all individuals that have ultrasound findings of venous reflux develop signs or symptoms; however, studies have shown a majority will develop symptoms overtime, resulting in a negative impact on their quality of life.

# EARLY SIGNS OF VEIN DISEASE

Leg pain and visible veins are often associated with aging, but they could be signs of vein disease.

- Aching/Pain
- Swelling
- Throbbing
- Varicose Veins
- Cramps
- Heaviness
- Spider Veins
- Itching/Burning
- Dry Skin
- Tiredness/Fatigue
- Restless Legs
- Skin hot to touch

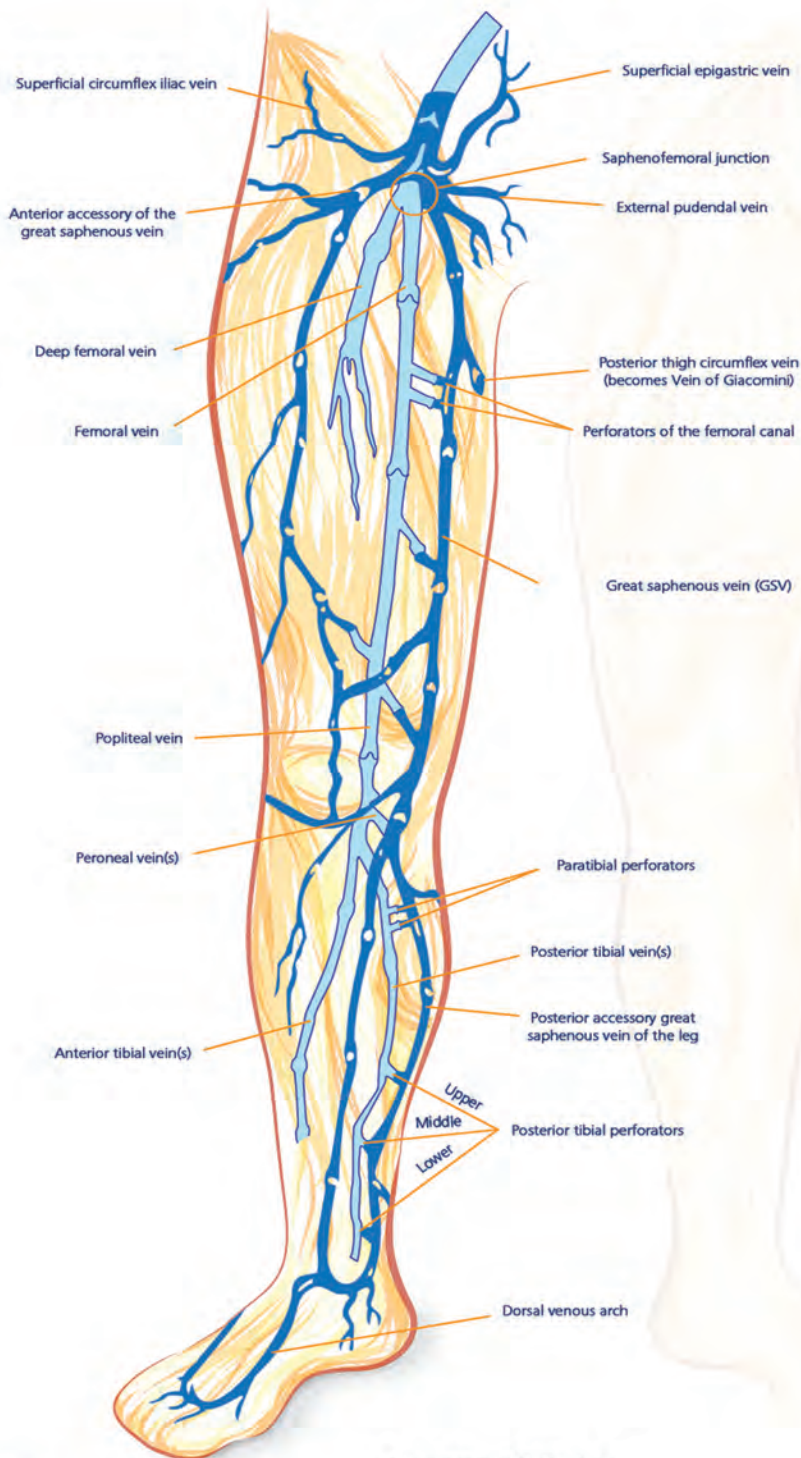


## POSSIBLE SIDE EFFECTS

A minority of patients may even experience skin discoloration, breakdown or venous ulceration if their vein disease is left untreated.

- Lymphedema
- Ulcers
- Skin Color Changes
- Blood Clots
- Dermatitis
- Reduced Mobility

# YOUR LEG VEINS



© Copyright 2019 SIGVARIS, Inc.



## WHAT TO EXPECT

We strive to make our diagnosis and treatment process as simple and clear as possible. Note that many care plans involve several treatment sessions.



Your CVR journey begins when you schedule your initial appointment to address any symptoms you may be feeling.

At your first visit, you will receive a duplex ultrasound, mapping the veins in your legs. That will be followed by a thorough consultation with your CVR physician to review results and discuss next steps.

Based on your condition, a customized treatment plan will be made factoring in clinical need and insurance coverage.

We are committed to your **complete** vein care. If we find your condition is related to Lymphedema, the deep vein, or arterial system, we have clinical partners we can connect you with that can help.

### Before each treatment:

- ✓ No need to fast
- ✓ Drink plenty of water
- ✓ Bring your compression stockings
- ✓ Wear loose-fitting shorts
- ✓ Avoid using makeup, perfume, powder, or lotions on the treatment area

### After each treatment:

- ✓ Maintain your normal level of activity
- ✓ Wear compression stockings if directed
- ✓ Refrain from strenuous activities, or prolonged sitting or standing
- ✓ Avoid very hot showers and do not submerge the treatment area in baths, hot tubs, or pools for one week

## PROGRESSION OF THERAPY

Following the initial procedure, you will need to schedule follow-up ultrasounds to ensure proper vein closure and minimize risk of recurrence.

### BEFORE TREATMENT



### One Week (2-7 days after)

The treated area may be tender, red, and puffy. Incisions will be covered with bandages.

### One Month After Treatment

Your symptoms will have eased, but bruising may occur. Occasionally, the treated area will look worse before it looks better.



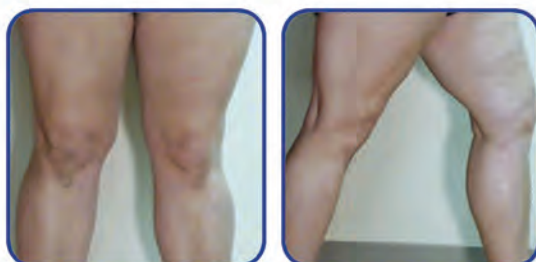
### Six Months After Treatment

Veins are completely closed and blood is rerouted. Your symptoms will be gone, but varicosities may still be slightly visible.



### One Year After Treatment

Ablated veins are reabsorbed into the body. Legs are healthy and clear.





## WHAT TO WATCH OUT FOR

We are proud to offer the safest and most advanced treatments to minimize your discomfort and downtime. However, after treatment, you may experience some minor secondary reactions.



Occasionally, trapped blood within the vein will cause palpable bumps on the skin's surface.

### SOLUTION

These bumps will be absorbed by the body in time. Apply a warm, moist compress to the area three times a day for 10 minutes at a time.



Bleeding through the bandages may occur.

### SOLUTION

Lie down, elevate your leg and apply direct pressure until bleeding has stopped. If the bleeding persists, please call your CVR physician.



It is normal to experience some tenderness and bruising along the areas where local anesthesia was administered.

### SOLUTION

Soothing aloe vera gel, cool packs, Tylenol, or ibuprofen can ease any discomfort.



## RECURRENCE

If you make some minor lifestyle changes after your treatment, such as wearing compression stockings and incorporating exercise into your routine, you can manage your vein disease. But it is a chronic ailment. If there is recurrence of symptoms, schedule another scan.

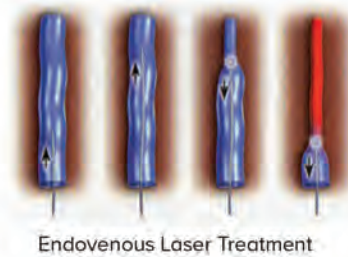
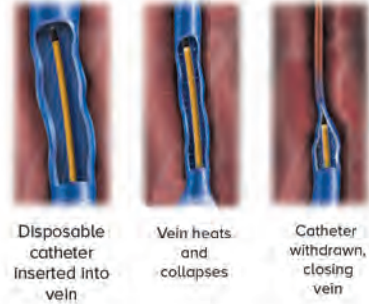


# CUSTOMIZED TREATMENT PLANS

Treatment of varicose veins range from conservative, lifestyle-based approaches to more advanced outpatient treatment methods. Our doctors will work within your needs, preferences and insurance requirements to personalize a treatment schedule that works best for you. Depending on which veins need treatment, you may require a combination of the below modalities.

## RADIOFREQUENCY ABLATION

A radiofrequency catheter is gently 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 almost immediately. The closed vein is then reabsorbed into the body and the blood supply in that area is naturally rerouted through other, healthier veins. The safety and effectiveness of this method have been well documented with long term data.



## LASER ABLATION

Similar to radiofrequency ablation, a laser fiber is gently inserted through the skin into the affected vein. The laser is activated and heats the vein wall, causing it to close. After 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 through other, healthier veins. Laser ablation can treat very small segments of refluxing veins with a high degree of success.

## VENASEAL

The doctor inserts a thin catheter into the vein to deliver medical adhesive to the vein's interior. The medical glue will seal the vein shut, and blood will be directed into other vessels. This procedure does not require the use of compression stockings following treatment and there is no need for multiple anesthetic shots.



## VARITHENA

The doctor directly administers medicine into the affected veins. The vein then collapses, and blood is redirected to healthier vessels nearby. This minimally-invasive, non-surgical procedure is used to treat a variety of types of varicose veins.



## ULTRASOUND-GUIDED FOAM SCLEROTHERAPY

The physician administering this treatment uses an ultrasound machine to guide the procedure for maximum accuracy and safety. A foam medicine called sclerosant is injected into the diseased vein where it irritates the vein wall, resulting in closure. Blood is then naturally rerouted through healthier veins while the body reabsorbs the closed vein. Ultrasound-guided foam sclerotherapy is best suited for small to medium-sized veins.



## AMBULATORY PHELBECTOMY

Tiny incisions, which usually do not require stitches to close, are made in the leg. The bulging vein is extracted through these tiny incisions. The leg is bandaged, and the healing process begins. As with other methods, the body will naturally reroute the blood supply using other, healthier veins. This procedure allows for the immediate removal of large, bulging veins.

## VISUAL SCLEROTHERAPY

This procedure is reserved strictly for spider veins, which are smaller than varicose veins and generally located closer to the skin's surface. Like 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. It is performed visually by injecting the veins that are able to be seen on the surface of the skin.



All of our cutting-edge vein closure modalities are non-invasive and convenient.



**FAST RECOVERY**



**STAY ACTIVE**



**IN OFFICE  
TREATMENTS**



# MEET OUR TEAM OF WORLD-CLASS PHYSICIANS



Michael Aikens  
MD



Thomas Alosco  
MD, DABS, RPVI,  
RVT, DABVLM



Luis Barajas  
MD, RPhS,  
DABVLM



Rory Byrne  
MD



Arun Chowla  
MD, FACS



Michael Cornwell  
MD, FACS



Kristine Cruz  
MD, FACS



Zoe Deol  
MD, FACS,  
DABVLM



Lance Dillon  
MD, MBA



Mark Edelman  
MD, DABVLM



David Feng  
MD



Eddie A. Fernandez  
MD, RPVI



Arlen Fleisher  
MD, FACS, RPVI,  
RVT, DABVLM



Adria Ford  
DO



Dov Frankel  
MD, MSc, FACEP



Aditya Gupta  
MD, RPVI

**All of our doctors are board-certified and  
focus exclusively on your complete vein care.**



Laura Harlan  
DO



Evan Harris  
MD, DVIR,  
DABVLM, RPVI



Fernando F. Illescas  
MD, CM, DVIR,  
FRCPC



Alfred Jump  
MD



Laura Kelsey  
MD



Seema Kumar  
MD, MPP, DABVLM



Sanjiv Lakhnpal  
MD, FACS



Duc Le  
MD



Jeffrey Lin  
MD



Michael Malone  
MD



Thomas Militano  
MD, PhD, RPVI



Nick Morrison  
MD, FACS, FACPh



Khanh Nguyen  
DO, RPVI



Michelle Nguyen  
MD, FACS, RPVI



Richard Nguyen  
MD



Keith Nichols  
MD, RPVI





Peter Pappas  
MD, FACS



Vinay Satwah  
DO, RPVI



Frank Sbrocco  
MD



Mike Sebastian  
MD



Anuj Shah  
MD, FACEP



Mehul Shah  
MD, FSVM



David Shevitz  
MD, DABVLM,  
ABEM



Theresa Soto  
MD, FACS, RPVI



Lawrence Starin  
MD, FACS



Sean Stewart  
MS, MD



Robert Stoffey  
DO, ABVLM, RVT, RPhS,  
RVS, DABR, DAOBR



Priya Thirumalai  
MD, FACS



Kenneth Todd  
MD, FACPh, RPVI,  
DABVLM



Dominic Tolitano  
MD



Shubha Varma  
MD

Learn more about our Doctors at  
[centerforvein.com/about-us/our-doctors](https://centerforvein.com/about-us/our-doctors)

# ASK OUR TEAM ABOUT THE **FRIENDS** AND **FAMILY** *Program!*



Refer your loved ones to CVR and give them the gift of better leg health.  
If they keep their first appointment, you'll get a **FREE** gift\*.

## VEIN DISEASE AFFECTS 1 IN 4 ADULTS

Did you know? Over 40 million Americans suffer from vein disease and are unaware of it. Leg pain and bulging veins are not a normal part of aging or pregnancy – several factors can increase your and your loved one's risk of developing this progressive disorder.



### **FAMILY HISTORY**

If both parents have vein disease, the child is extremely likely to develop it as well.



### **OBESITY**

Those with a BMI over 25 are much more likely to develop varicose veins.



### **AGING**

75% of cases happen in people over 50 years of age.



### **OCCUPATION**

Prolonged standing/sitting associated with day-to-day activities can allow for the vein walls to expand, allowing blood to pool.



### **HISTORY OF DVT**

Those who have had a Deep Vein Thrombosis (DVT), a blood clot that forms in a vein deep in the body, are prone to developing varicose veins and spider veins as well.



### **PREGNANCY**

As a baby grows, the uterus puts increased pressure on the leg veins. Risk increases with each successive pregnancy.

\*Must be a past or present CVR patient. Current employees not eligible. Medicare, Medicaid patients and federal plans are not eligible.



## WHAT ARE PATIENTS SAYING ABOUT US?

I just completed my entire right leg. It was virtually painless and my leg feels NORMAL again. - Lisa R. ★★★★★

The people were professional and extremely pleasant. Doctors were knowledgeable and willing to answer my questions. Great experience. - Cliff A. ★★★★★

I was afraid to have my veins done because of the old vein stripping and ligation procedure. I was pleasantly surprised with the entire experience from start to finish. - Les S. ★★★★★



If you have further questions please call us at  
**1-800-349-5347 / 1-800-FIX-LEGS**

For education or location information visit us at  
[centerforvein.com](http://centerforvein.com)

[f](#) [t](#) [in](#) [i](#) /CenterforVein