



# PATIENT HANDBOOK

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



THANK YOU FOR CHOOSING



Center for Vein Restoration



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# WELCOME TO CENTER FOR VEIN RESTORATION

**T**hank 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.

**We're proud to offer the most advanced and patient-focused diagnostic and therapeutic methods for the treatment of your venous insufficiency.**

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 treating your venous insufficiency. But, more importantly, we are committed to always being available to our patients.



Yours in good health,

A handwritten signature in black ink, reading "Sanjiv Lakhanpal". The signature is written in a cursive style and is underlined.

**Sanjiv Lakhanpal, MD, FACS**

President & CEO

# WHY CENTER FOR VEIN RESTORATION?



Since 2007, Center for Vein Restoration (CVR) has been a leader in diagnosing and treating 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 ten years as a result of providing the highest level of care.



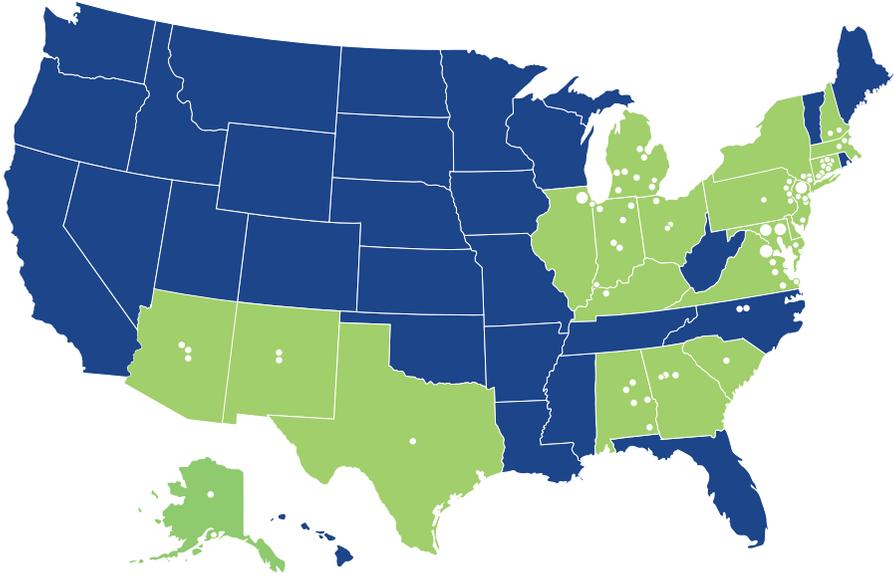
We impact the lives of over 200,000 patients annually. We conduct more vein procedures than any other vein clinic or hospital. The largest of its kind, our practice is built on experience, expertise, and trust. Our team of board-certified physicians and vein care specialists will provide the safest, most positive treatment outcomes.



**State-of-the-art  
treatments**

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.

# OUR LOCATIONS



## ALABAMA

- DOTHAN
- HOOVER
- MONTGOMERY
- OPELIKA
- TRUSSVILLE

## ALASKA

- ANCHORAGE
- FAIRBANKS

## ARIZONA

- GILBERT
- MESA
- PHOENIX

## CONNECTICUT

- BLOOMFIELD
- CROMWELL
- ENFIELD
- GLASTONBURY
- NORWALK
- SOUTH WINDSOR
- STAMFORD
- WATERBURY

## DELAWARE

- REHOBOTH BEACH

## GEORGIA

- ATLANTA (CAMP CREEK)
- ATLANTA (SANDY SPRINGS)
- LAWRENCEVILLE

## ILLINOIS

- DOWNERS GROVE
- NILES
- ORLAND PARK
- WOOD DALE

## INDIANA

- AVON
- EVANSVILLE
- FORT WAYNE
- GREENWOOD
- HOBART
- MUNSTER

## KENTUCKY

- OWENSBORO

## MARYLAND

- ANNAPOLIS
- BEL AIR
- CATONSVILLE
- COLUMBIA PARKWAY
- EASTON
- FREDERICK
- GERMANTOWN
- GLEN BURNIE
- GREENBELT
- HAGERSTOWN
- LUTHERVILLE (TOWSON)
- NORTH BETHESDA/  
ROCKVILLE
- PRINCE FREDERICK
- ROSEDALE

## (MARYLAND CONTD.)

- SALISBURY
- SILVER SPRING
- WALDORF

## MASSACHUSETTS

- FRAMINGHAM
- WOBURN

## MICHIGAN

- GRAND RAPIDS
- LANSING
- MIDLAND
- MUSKEGON
- PORTAGE
- SAGINAW
- SOUTHFIELD
- SOUTHGATE (DETROIT)
- SOUTHWEST  
GRAND RAPIDS

## NEW HAMPSHIRE

- NASHUA
- SALEM

## NEW JERSEY

- BAYONNE (BAYONNE  
MEDICAL CENTER)
- EAST BRUNSWICK
- EDISON
- FREEHOLD
- HACKENSACK
- HAMILTON

**(NEW JERSEY CONTD.)**

- JERSEY CITY  
(CHRIST HOSPITAL)
- KEARNY
- LAKEWOOD
- MORRISTOWN
- NORTH BERGEN
- NORTHFIELD
- UNION
- WOODLAND PARK

**NEW MEXICO**

- ALBUQUERQUE
- RIO RANCHO

**NEW YORK & BRONX**

- BRONX-GRAND CONCOURSE
- BRONX/PELHAM BAY
- SCARSDALE

**NORTH CAROLINA**

- GREENSBORO
- WINSTON-SALEM

**OHIO**

- GAHANNA (COLUMBUS)
- OREGON (TOLEDO)
- SYLVANIA
- GROVE CITY

**PENNSYLVANIA**

- BENSLEM
- HORSHAM
- KING OF PRUSSIA
- MECHANICSBURG
- WAYNE

**SOUTH CAROLINA**

- COLUMBIA

**TEXAS**

- AUSTIN NW
- AUSTIN SW

**VIRGINIA**

- ALEXANDRIA
- ASHBURN/LEESBURG
- FAIR OAKS
- FAIRFAX
- FREDERICKBURG
- MANASSAS
- McLEAN
- PURCELLVILLE
- RESTON
- SUFFOLK
- VIRGINIA BEACH
- WOODBRIDGE

**WASHINGTON D.C.**

- PROVIDENCE HOSPITAL



# OUR MISSION

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

# 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.

Each vein is equipped with tiny, one-way valves to help blood in your legs work against gravity and circulate upward. When these valves fail or leak, blood pools and stagnates. This process is called venous insufficiency or vein disease.



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 who have ultrasound findings of venous reflux develop signs or symptoms; however, studies have shown that a majority will develop symptoms over time, 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

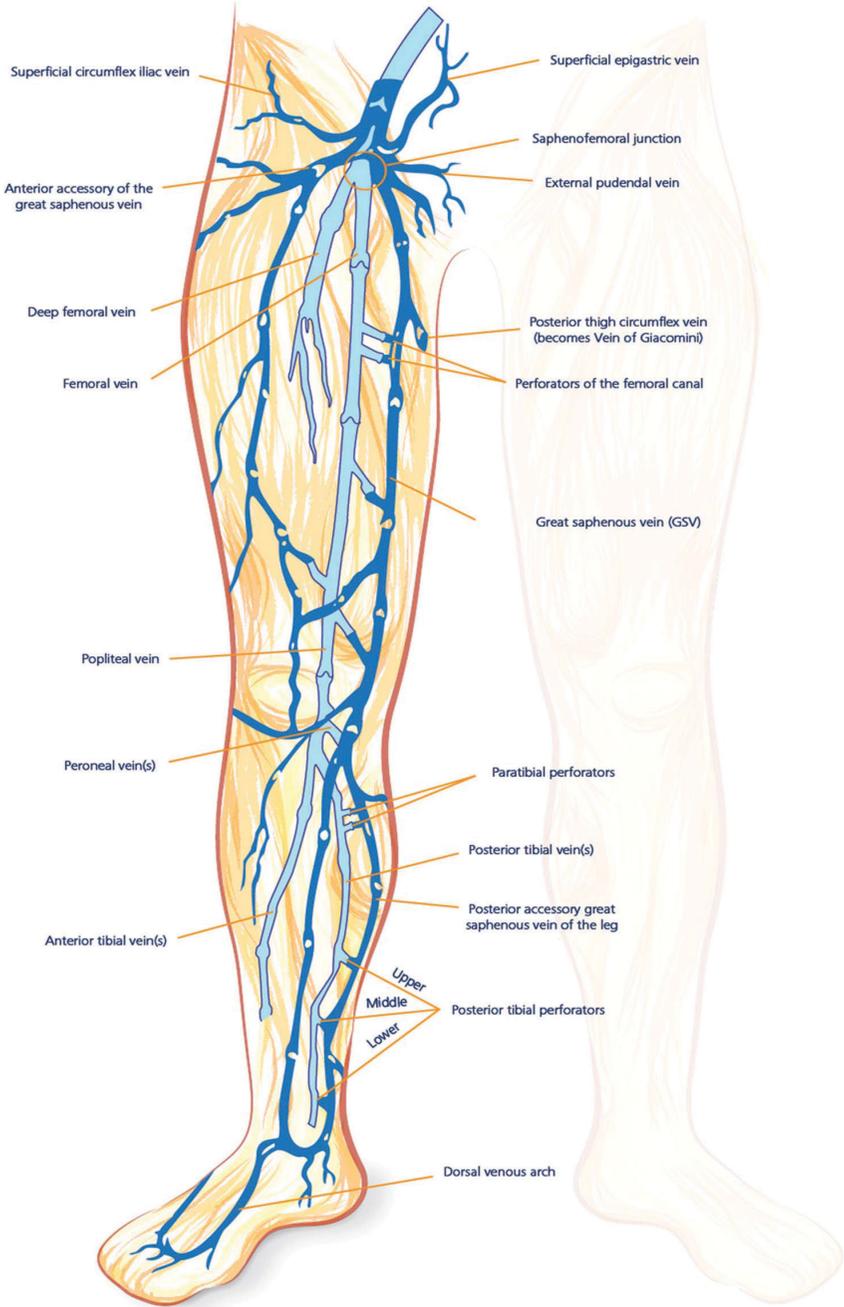


# POSSIBLE SIDE EFFECTS

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

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

# YOUR LEG VEINS



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# VEIN DISEASE

## AFFECTS **1** IN **4** ADULTS

Did you know that **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.

# WHAT TO EXPECT

We strive to make our diagnosis and treatment process as simple and straightforward 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.

During your first visit, you will receive a duplex ultrasound to map the veins in your legs. Next, you will have a thorough consultation with your CVR physician to review results and discuss next steps.

A customized treatment plan is developed based on your condition, 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 the 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

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



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

## SOLUTION

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The body will absorb these bumps in time. Apply a warm, moist compress to the area three times a day for 10 minutes.



**Bleeding through the bandages may occur.**

## SOLUTION

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Lie down, elevate your leg and apply direct pressure until the bleeding has stopped. If 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

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

# RECURRENCE

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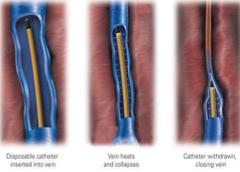
If you make some minor lifestyle changes after your treatment, such as wearing compression stockings and incorporating exercise into your routine, you can manage your vein disease. But it is a chronic ailment. If there is a recurrence of symptoms, schedule another scan.

# CUSTOMIZED TREATMENT PLANS

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Treatment of varicose veins ranges 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.

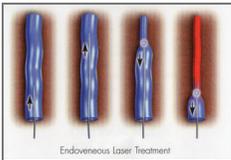
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## RADIOFREQUENCY ABLATION

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. 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.

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## 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.

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## 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.

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## 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 a sclerosant is injected into the diseased vein, which 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 PHEBECTOMY

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 can be seen on the skin's surface.

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



**FAST RECOVERY**



**STAY ACTIVE**



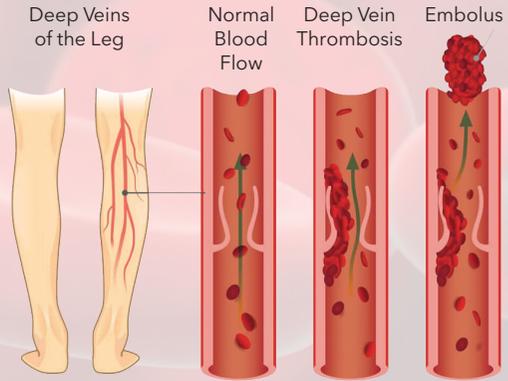
**IN-OFFICE  
TREATMENTS**

# WHAT IS DVT?

Deep vein thrombosis (DVT) is a condition in which a blood clot (thrombus) forms in one or more of the deep veins in the body, usually the legs.

## SYMPTOMS OF DVT:

- **Aching / Pain**
- **Skin changes**
- **Tenderness**
- **Swelling**
- **Skin is warm to the touch**



## 2.5M+

Americans are affected by DVT each year.

## 300K+

Americans die each year from DVT-related pulmonary embolism.

## 600K+

People are hospitalized due to DVT each year.

## WHAT CAUSES DVT?

These include injury to a deep vein from surgery or trauma, advanced age, immobility, obesity, smoking, and serious health issues such as cancer, IBD, clotting disorders, and heart disease.



Women taking oral contraceptives or hormone replacements may be at increased DVT risk. Pregnant women are five times more likely than non-pregnant women to develop DVT.

Statistics according to the American Heart Association

## What To Do If You Suspect DVT

DVT is a medical emergency that requires a quick response. Center for Vein Restoration offers same-day diagnosis and management plan if necessary. Avoid a lengthy and costly trip to the emergency room and receive prompt attention from the leaders in vein care.

**Call the DVT Hotline for your one-stop DVT management approach.**

**877-SCAN-DVT / 877-7226-388**



Center for Vein Restoration

# MEET OUR TEAM OF WORLD-CLASS PHYSICIANS



**Michael L. Aikens**  
MD



**Thomas Alosco**  
MD, DABS, RPVI,  
RVT, DABVLM



**Luis Barajas**  
MD, RPhS, DABVLM



**Rory C. Byrne**  
MD



**David Calcagno**  
MD



**Philip Chaipis**  
MD, FACS



**Deborah Cogan**  
MD, FACOG, FABVLM



**Michael Cornwell**  
MD, FACS



**Kristine Cruz**  
MD, FACS



**Leslie Cunningham**  
MD, PhD



**Zoe Deol**  
MD, FACS, DABVLM



**R. Lance Dillon**  
MD, MBA



**Mark A. Edelman**  
MD, DABVLM



**David H. Feng**  
MD



**Eddie A. Fernandez**  
MD, RPVI



**Mark Featherston**  
MD, DABVLM



**James Fonger**  
MD, FRCS



**Adria L. Ford**  
DO



**Robert Fried**  
MD, FACS



**Aditya Gupta**  
MD, RPVI, DABVLM

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



**Brent Greenberg**  
MD, DABVLM,  
FAAFP, RPhS



**Michael Harding**  
MD



**Laura Harlan**  
DO



**Evan Harris**  
MD, DVIR,  
DABVLM, RPVI



**Mohamed T. Hassan**  
MD, RPVI



**Fernando F. Illescas**  
MD, CM, DVIR,  
FRCP(C)



**Joseph Jenkins**  
FACS, DABVLM



**Alfred Jump**  
MD



**Abhi Kasinadhuni**  
MD



**Laura Kelsey**  
MD



**Pamela Kim**  
MD, RPVI



**Soohyun Kim**  
MD, RVT



**Seema Kumar**  
MD, MPP, DABVLM



**Sanjiv Lakhnupal**  
MD, FACS



**Duc Le**  
MD



**Peter Liao**  
MD, PhD



**K. Francis Lee**  
MD, FACS, RVT, RPVI



**Lawrence Markovitz**  
MD



**Thomas Militano**  
MD, PhD, RPVI



**Normand Miller**  
MD, FACS,  
RPVI, RVT



**Keith Moore**  
MD, LANA



**Nick Morrison**  
MD, FACS,  
FACPh



**Khanh Nguyen**  
DO, RPVI



**Michelle Nguyen**  
MD, FACS, RPVI



**Richard Nguyen**  
MD



**Keith C. Nichols**  
MD, RPVI



**Peter J. Pappas**  
Vascular Surgeon



**Anna Parkinson**  
APRN, MSN, FNP-C



**Louis Prevosti**  
MD, FACS



**John Rossi**  
MD



**Gregory D. Ruth**  
MD, DABVLM,  
RPVI, RVT



**Vinay Satwah**  
DO, RPVI



**Frank Sbrocco**  
MD



**Mike Sebastian**  
MD



**Anuj Shah**  
MD, FACEP



**Vinit S. Shah**  
DO



**David Shevitz**  
MD, DABVLM,  
ABEM



**Cynthia Smith**  
PA-C



**Theresa M. Soto**  
MD, FACS, RPVI,  
DABVLM



**Lawrence Starin**  
MD, FACS



**Sean K. Stewart**  
MS, MD



**Shekeeb Sufian**  
MD, FACS



**Barbara Terpstra**  
MD



**Jane Tesson**  
NP



**Priya Thirumalai**  
MD, FACS



**Dominic J. Tolitano**  
MD



**Shubha Varma**  
MD



**Chandran  
Vedamanikam**  
MD



**Tuan-Anh Vu**  
MD

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

# REFER FRIENDS & FAMILY. GET REWARDED TWICE.



Helping someone look or feel better is its own reward.\*

Yet, at CVR, we reward you **AGAIN** when someone you refer attends a new patient appointment at any of our 100+ clinics nationwide: **save 20% on compression wear\*\*** and **earn points** redeemable at some of your favorite retailers.\*\*\*

**20% OFF**  
COMPRESSION STORE

**+**

**\$50**  
GIFT CARD\*\*\*



**REGISTRATION IS EASY!**

Visit [www.centerforvein.com/friends-and-family](http://www.centerforvein.com/friends-and-family)

SCAN TO  
REGISTER  
TODAY!

\* But you already knew that. \*\* At [stockings.centerforvein.com](http://stockings.centerforvein.com). \*\*\* 5,000 points per referral = \$50 gift card at Amazon, Starbucks, Target & more. SOME EXCLUSIONS MAY APPLY.



## Compression stockings from the clinical leaders in vein care.

Find the perfect compression garment for you at the click of a button. Choose from a variety of recommended brands from a trusted source.

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



Scan to shop!

# TELEMEDICINE



## Expanded Patient Access to the Leader in Venous Health

Offering patients an initial consultation or follow-up post-vein care visits via phone or video.

Telemedicine could be part of your treatment plan. Ask your provider for more information.



# HELPING YOU GET THE CARE YOU NEED DURING DIFFICULT FINANCIAL TIMES



# CVR FINANCIAL SOLUTIONS FOR THE CARE PATIENTS NEED—WHEN THEY NEED IT



## INSURANCE COVERAGE

Our care is covered by most insurances, including Medicare & Medicaid. The biggest hurdle in today's insurance environment is the deductible, not the co-pay. We're here to help.



## INSURANCE AUTHORIZATION TEAM

Health insurance can be confusing. Our dedicated team educates your patients about the particulars of their insurance coverage before beginning treatment programs.



## NO FACILITIES FEES

Your patients do not incur facility fees during evaluation or treatment programs at our outpatient clinics.



## PATIENT TRANSPORTATION

If the patient you refer to us cannot get to our center, we can provide a ride service for them at no cost.



## CVR FINANCING

CVR offers flexible payment plans, a fixed rate that will never change, and monthly payment plans based on what the patient can afford, an easy way to pay medical bills over time.

## FINANCIAL ASSISTANCE PROGRAMS

Patient Services Representatives are available to review our programs with patients by calling **800-FIX-LEGS**.

# WHAT ARE PATIENTS SAYING ABOUT US?

“These people are the **BEST!** I had a scan yesterday & was told all is well except for a few minor concerns that can be fixed & that insurance covers everything!”

- Barb F.

“The Camp Creek location has the **BEST CUSTOMER SERVICE** of any Dr’s office I’ve ever dealt with. They go above and beyond with their attitude and effort and I couldn’t be more appreciative.”

- Jessica B.

“My husband had his initial appointment today in Muskegon and we are so very hopeful with his upcoming procedures. We are so thankful that your nurse practitioners **explained everything in full detail and were so knowledgeable.** We visited 3 specialists in the past and they never explained in full detail the issues that my husband had in his legs. We really appreciate the time that they took to explain everything to us.”

- Melanie K.





# WE'D LOVE TO HEAR FROM YOU!

Leave us a review to share your experience.



Google



facebook

Use camera on your smartphone and focus on scan code.



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

For education or location information visit us at  
**centerforvein.com**



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