

# metro Vein centers

Understanding Venous  
Insufficiency, Symptoms, and  
Treatment Options

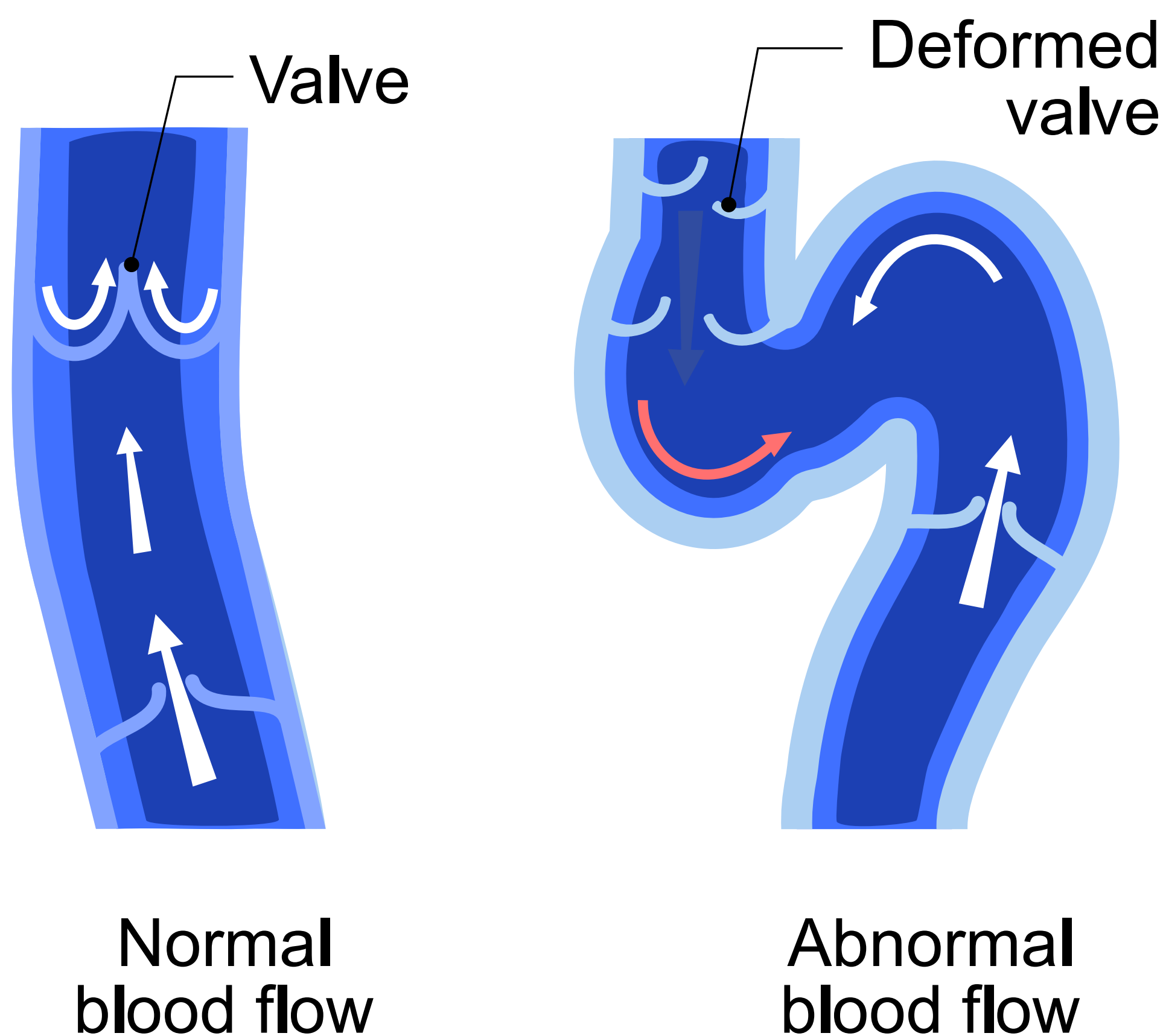


# WHAT IS VENOUS INSUFFICIENCY?

Our veins contain valves that open and shut to manage our normal blood flow. Due to disease or damage, the valves inside of the veins might not close completely, which can cause the blood to flow backwards. This is known as venous reflux.

This improper flow of blood is what can lead to venous insufficiency. Legs are affected the most often from these incompetent veins. The result can lead to swelling, pain, varicose veins, spider veins, and a feeling of heaviness or tiredness in the legs at the end of the day.

Reasons why these valves become incompetent can be due to various factors, including sitting or standing for long periods, heredity, obesity and pregnancy.



# SYMPTOMS OF VENOUS INSUFFICIENCY

- Swelling, aching pain – often worse at night
- Pruritus (itching of the legs)
- Fatigue and/or heaviness
- Night cramps
- Restless legs
- Numbness or tingling
- Burning or throbbing veins
- Bulging or enlarged veins raised above the skin surface (varicose veins)
- Small, red/blue, web-like veins close to the skin surface (spider veins)



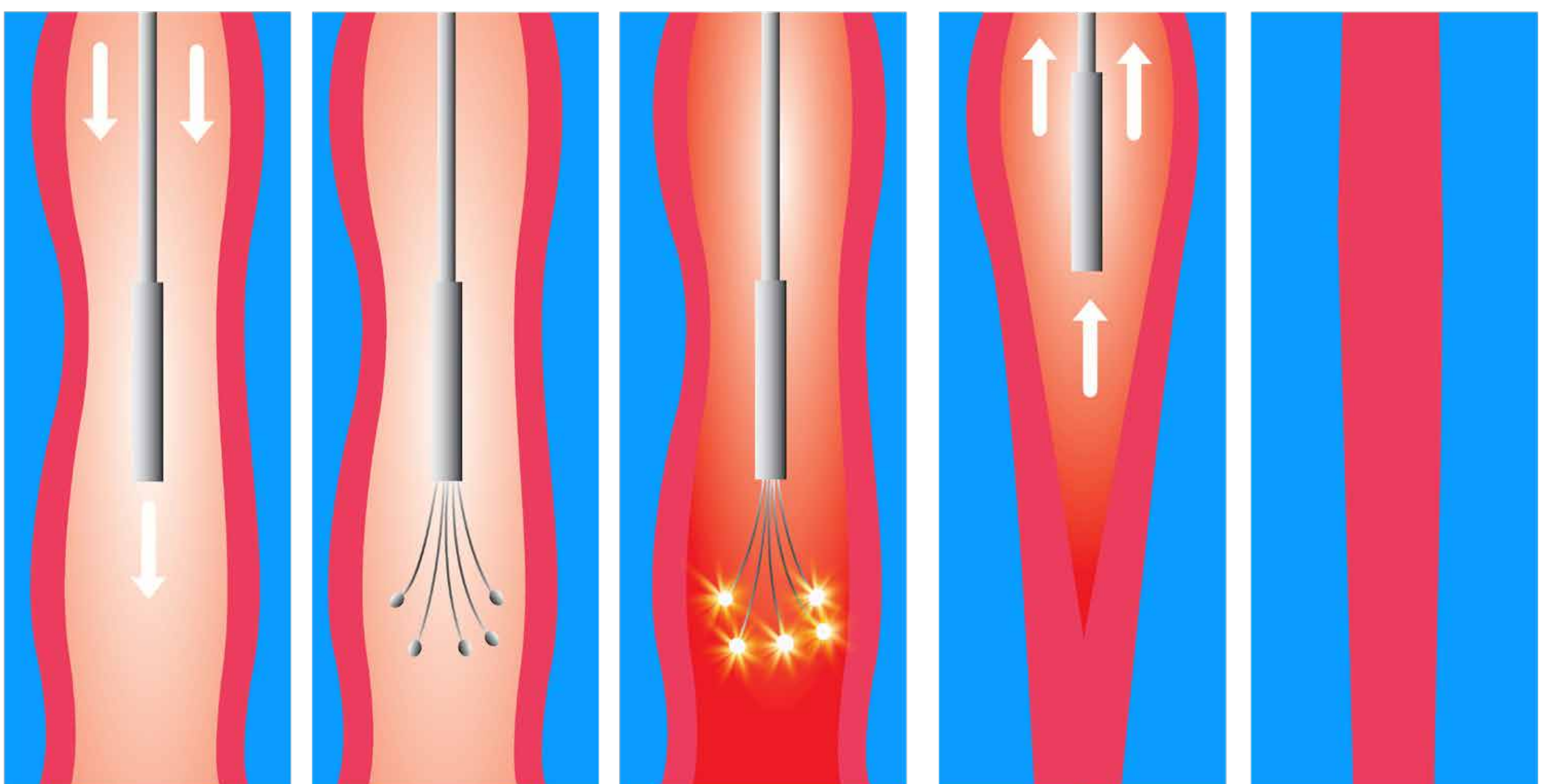
# TREATMENT OPTIONS

Metro Vein Centers offers minimally-invasive treatment options to combat vein disease. Our most popular treatments include Radiofrequency Ablation, Endovenous Laser Ablation, Sclerotherapy, and Varithena®. Our board-certified doctors will provide patients a personalized treatment plan.

## Radiofrequency Ablation

Radiofrequency Ablation (RFA) is a minimally-invasive procedure that uses radio waves for treating both the symptoms and the underlying cause of varicose veins. RFA is used to close the superficial veins that are causing venous reflux. The procedure is performed under ultrasound guidance, allowing the physician to treat the targeted area accurately and safely.

RFA requires only local anesthesia and is performed in the office. Patients may experience some minor discomfort during the procedure.



**Catheter inserted into the vein**

**Electrodes are placed in the vein**

**A radiofrequency wave is sent**

**Catheter withdrawn, closing vein**

**Closed vein following treatment**

# TREATMENT OPTIONS

## Endovenous Laser Ablation

Endovenous laser ablation (EVLA) is a minimally-invasive procedure that uses a laser beam to treat both the symptoms and the underlying cause of varicose veins. EVLA is used to close the superficial veins that are causing venous reflux. The procedure is performed under ultrasound guidance, allowing the physician to treat the targeted area accurately and safely. EVLA requires only local anesthesia and is performed in the office. Patients may experience some minor discomfort during the procedure.



# TREATMENT OPTIONS

## Sclerotherapy

Our doctors will inject a medicated sclerosing solution into affected blood vessels. This immediately causes the veins to close down and begin to be reabsorbed into your body. This treatment is generally used for smaller spider or varicose veins near the surface of the skin. This procedure is performed in the office and has an extremely quick recovery time.



## Varithena®

Varithena® is one of the newest and safest treatments offered. Our doctors inject a medicated foam into the varicose veins. Once the diseased vein collapses, the foam is deactivated and dissolves in the bloodstream. Varithena® requires minimal anesthesia and is performed in the office. Patients may experience some minor discomfort during the procedure.

# BEFORE AND AFTER



# FREQUENTLY ASKED QUESTIONS

## **Does the treatment procedure hurt?**

All of our treatment options are minimally-invasive procedures that only require local anesthesia. Patients may experience some minor to mild discomfort at times but we assure our procedures are safe. Please ask our doctors if you have any pain concerns.

## **How long is the procedure?**

Our procedures generally take under an hour. We will perform an ultrasound to mark the problem veins and proceed with treating the vein by closing it using one of the previously described treatment modalities. Please note, multiple procedures over a span of time may be necessary to treat the diseased veins.

## **Is there any downtime after the procedure?**

Most patients will be able to walk out on their own after a procedure is finished. We recommend patients to return home and stay off their feet for a few hours after a procedure. Patients receiving sclerotherapy will recover extremely fast and can return to their daily routines after leaving our offices.

## **Does treatment last long?**

Results can vary for different patients and can last for a few years or the rest of their life time. Doing your best to stay healthy is a guaranteed way to keep those problem veins away.

## **When can I expect to see results in my legs?**

Patients will start seeing results a few weeks after procedures have been completed. Full cosmetic results generally take several months, so we recommend our patients plan ahead!

## **Who will be performing my treatments? Will I see the same doctor on every visit?**

All of our ablations are performed by our own board certified physicians dedicated to vein treatment full time. With rare exceptions, you can expect to see your doctor on every visit throughout the course of your treatment.

## **Does my insurance cover treatment?**

We accept most insurance plans including Medicare and Medicaid. Contact us if you have any questions or concerns about your healthcare coverage.