
**THE ELITE LASER VEIN
CENTER**

Los Angeles, California

WWW.ELITEVEIN.COM

New Horizons in the Treatment of Varicose Veins



Varicose Veins

- ❖ **Bulging, twisted, blue or purple veins below the surface of the skin, usually in the legs**
- ❖ **Nearly 40% women and 20% men have some form of varicose veins**
- ❖ **Sometimes cosmetic but often cause significant social embarrassment, pain and swelling**
- ❖ **Frequently progressive over years**



Symptoms

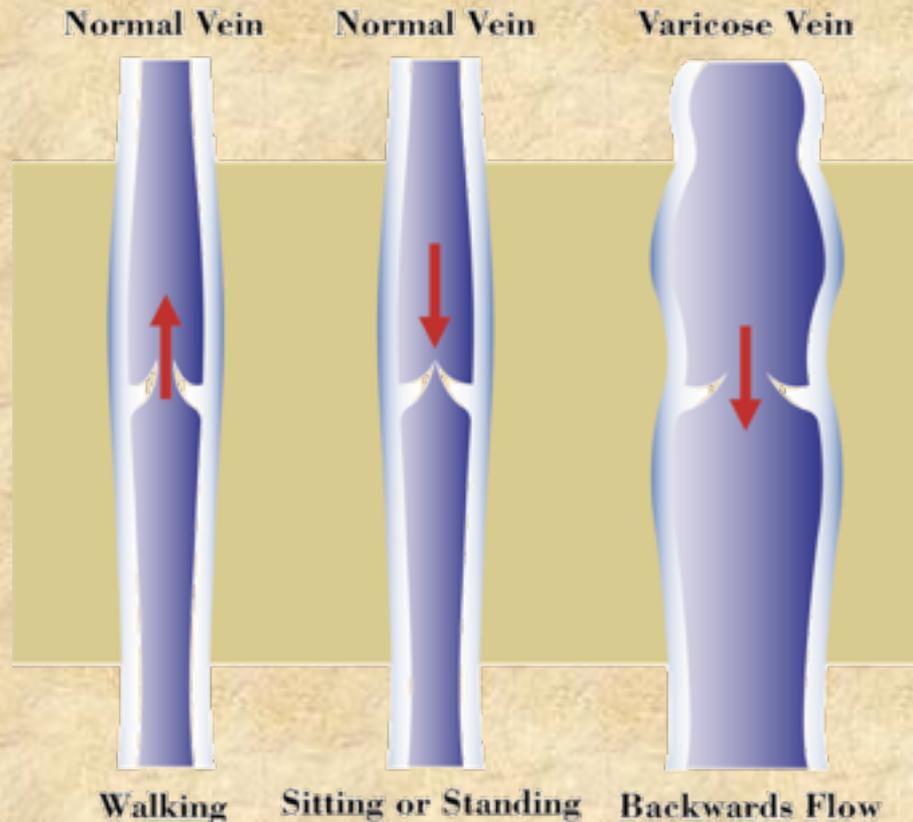
- ❖ **Aching or burning in the legs**
- ❖ **Swelling of the legs or ankles**
- ❖ **Leg cramps or sores**
- ❖ **Itching of the skin around the vein**
- ❖ **Open wounds such as skin ulcers around the ankle**

Normal Veins and Valves

- ❖ **Normal veins have paper-thin one-way valves that allow blood to flow up, out of the legs**
- ❖ **Normal valves close when standing or sitting to prevent blood from flowing backwards**
- ❖ **Varicose veins have leaking valves which allow backwards flow, causing veins to bulge**

How Venous Reflux Occurs

Incompetent Valves



- ❖ Vein valves fail
- ❖ Poor drainage of venous blood
- ❖ Column of blood causes pressure and blood to build up in leg veins
- ❖ Increased pressure causes surface veins to bulge

Causes of Reflux and Varicose Veins

- ❖ **Heredity**
- ❖ **Excessive body weight**
- ❖ **Prolonged standing or sitting**
- ❖ **Pregnancy**
- ❖ **Hormonal changes**
- ❖ **Advancing Age**
- ❖ **Injury**

Complications of Untreated Reflux

- ❖ **Hyper-pigmentation (darkening of skin)**
- ❖ **Dry, scaly skin**
- ❖ **Inflammation**
- ❖ **Chronic pain**
- ❖ **Ulcers**



Varicose Veins: Treatment Options

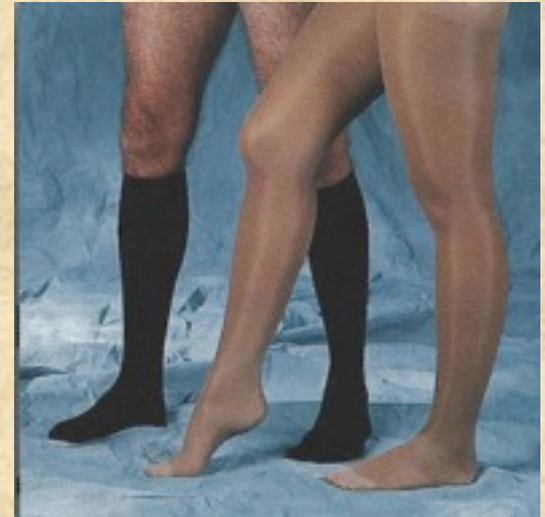
- ❖ **Conservative Treatment**
- ❖ **Ambulatory Phlebectomy**
- ❖ **Sclerotherapy**
- ❖ **Vein Stripping**
- ❖ **Laser Vein Treatment**

Conservative Treatment

- ❖ **Weight loss**
- ❖ **Exercise**
- ❖ **Elevation**
- ❖ **Compression stockings**

Compression Stockings

- ❖ Prevent pooling of blood in veins
- ❖ Promotes healthy blood flow by compressing veins
- ❖ Ideally worn during long-periods of standing or sitting
- ❖ Reduces discomfort and progression
- ❖ Expensive
- ❖ Hot
- ❖ Difficult to put on



Ambulatory Phlebectomy

- ❖ **Actual removal of vein branches**
- ❖ **Tiny incisions closed with tape strips**
- ❖ **Special instruments**
- ❖ **Recovery time of 2-6 weeks**
- ❖ **Instant results**
- ❖ **Local or general anesthesia**
- ❖ **Higher number of potential risks**



Sclerotherapy

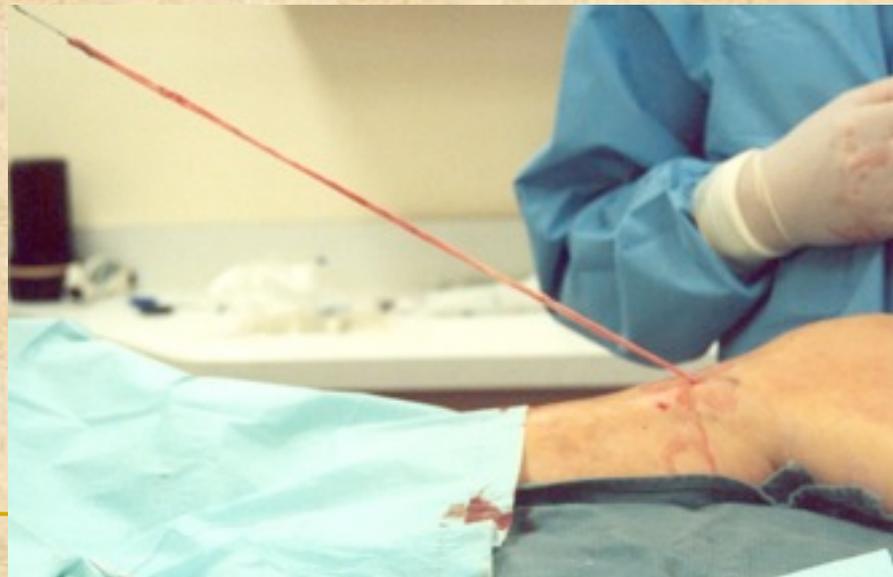


- ❖ **Most popular treatment**
- ❖ **Tiny needles**
- ❖ **FDA-approved medication**
- ❖ **Irritates lining of vein, causing it to collapse**
- ❖ **Two to four 20 minute sessions**
- ❖ **Minimal discomfort**



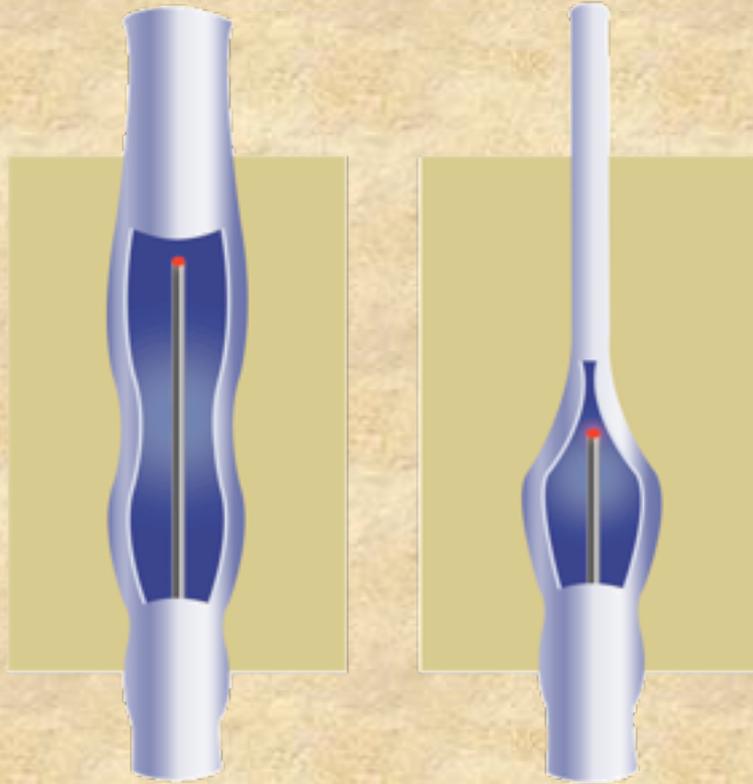
Vein Stripping

- ❖ **Surgical procedure in operating room**
- ❖ **Vein stripped out between two incisions**
- ❖ **Patient typically put to sleep**
- ❖ **Significantly increased discomfort**
- ❖ **Lengthy recovery time**



Laser Vein Treatment

Laser Vein Treatment



Laser Placed in
Diseased Vein

Vein Closes as
Laser is Withdrawn

- ❖ Non-surgical alternative to vein stripping or phlebectomy
- ❖ Catheter placed into the affected vein via puncture in the skin
- ❖ Laser energy delivered to close off the vein as laser fiber is withdrawn

Benefits of Laser Vein Treatment



- ❖ **45-minute in-office procedure**
- ❖ **No hospitalization required**
- ❖ **General anesthesia not required**
- ❖ **Normal activities next day**
- ❖ **Minimal discomfort**
- ❖ **Minimal side effects**
- ❖ **Little or no scarring**

Patient Satisfaction



- ❖ **>95% success rate**
- ❖ **Most patients recommend to friends or family**
- ❖ **Few recurrences**
- ❖ **Minimal discomfort**

Safety Summary

❖ Contraindications:

- ❑ Patients with a thrombus in the vein segment to be treated.

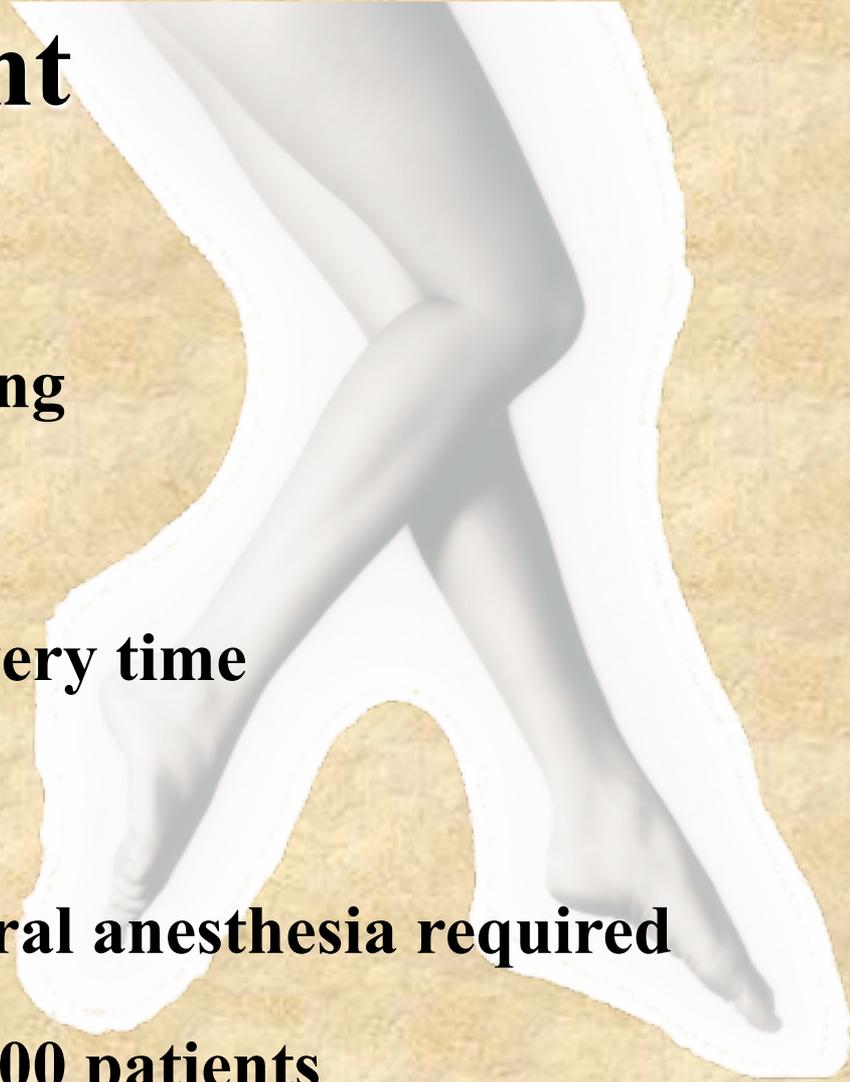
❖ Potential Risks & Complications:

- ❑ Complications are extremely uncommon but include: blood clot formation, phlebitis, hematoma, infection, and pain.



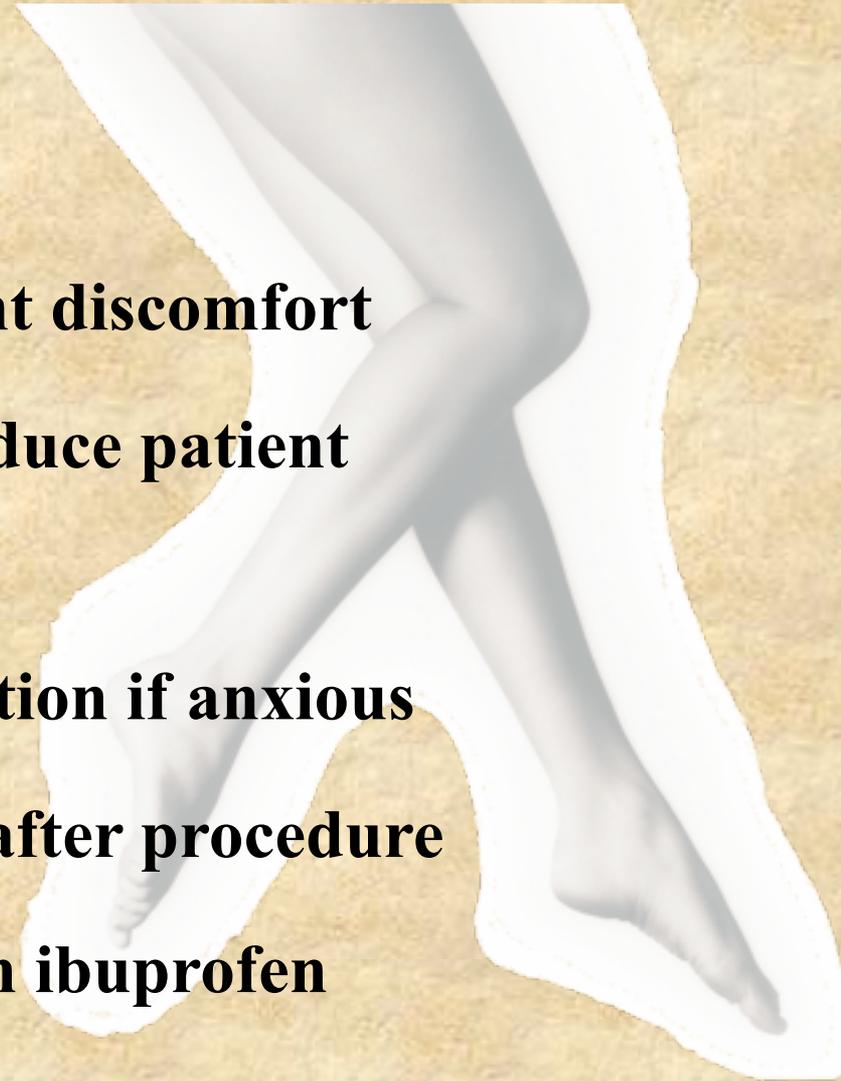
Laser Vein Treatment vs. Vein Stripping?

- ❖ **As effective as vein stripping**
- ❖ **Less long-term recurrence**
- ❖ **Significantly shorter recovery time**
- ❖ **Minimal or no scarring**
- ❖ **No hospitalization or general anesthesia required**
- ❖ **Proven effective in > 100,000 patients**



Painful Procedure?

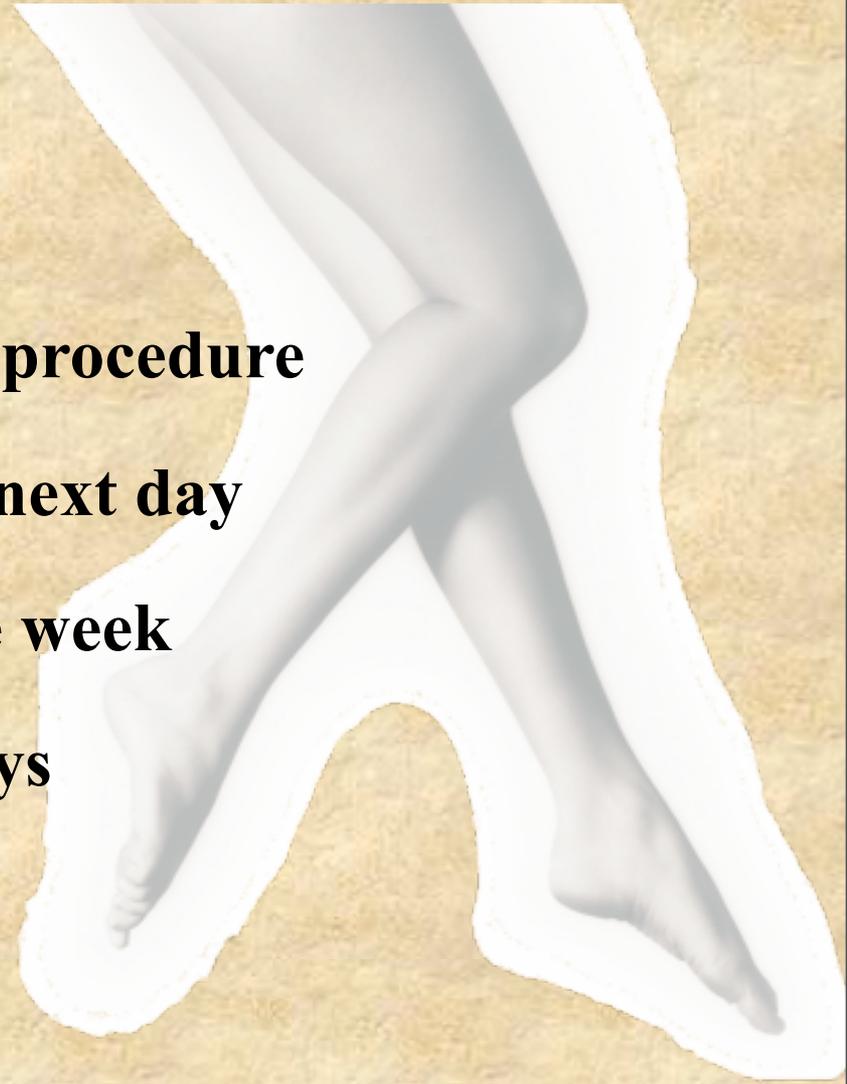
- ❖ **Few patients report significant discomfort**
- ❖ **Local anesthesia is used to reduce patient discomfort**
- ❖ **IV or P.O. anesthesia is an option if anxious**
- ❖ **Pulling sensation or stinging after procedure**
- ❖ **Discomfort easily treated with ibuprofen**



*Note: The general description of an endovenous laser treatment for varicose veins provided herein is for informational purposes only; the actual protocol for such a procedure may vary and will be determined by the individual physician.

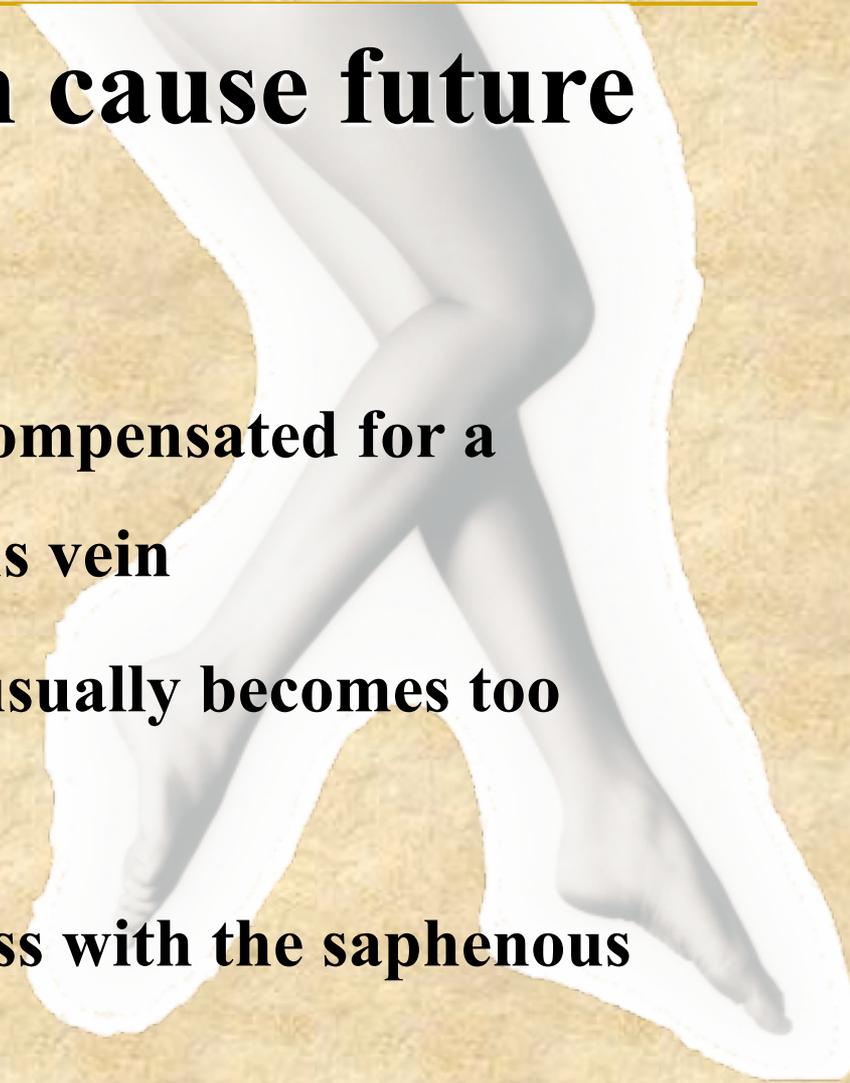
Recovery Period?

- ❖ **Walking encouraged day of procedure**
- ❖ **Return to normal activities next day**
- ❖ **Strenuous exercise after one week**
- ❖ **Return to work after 1-2 days**



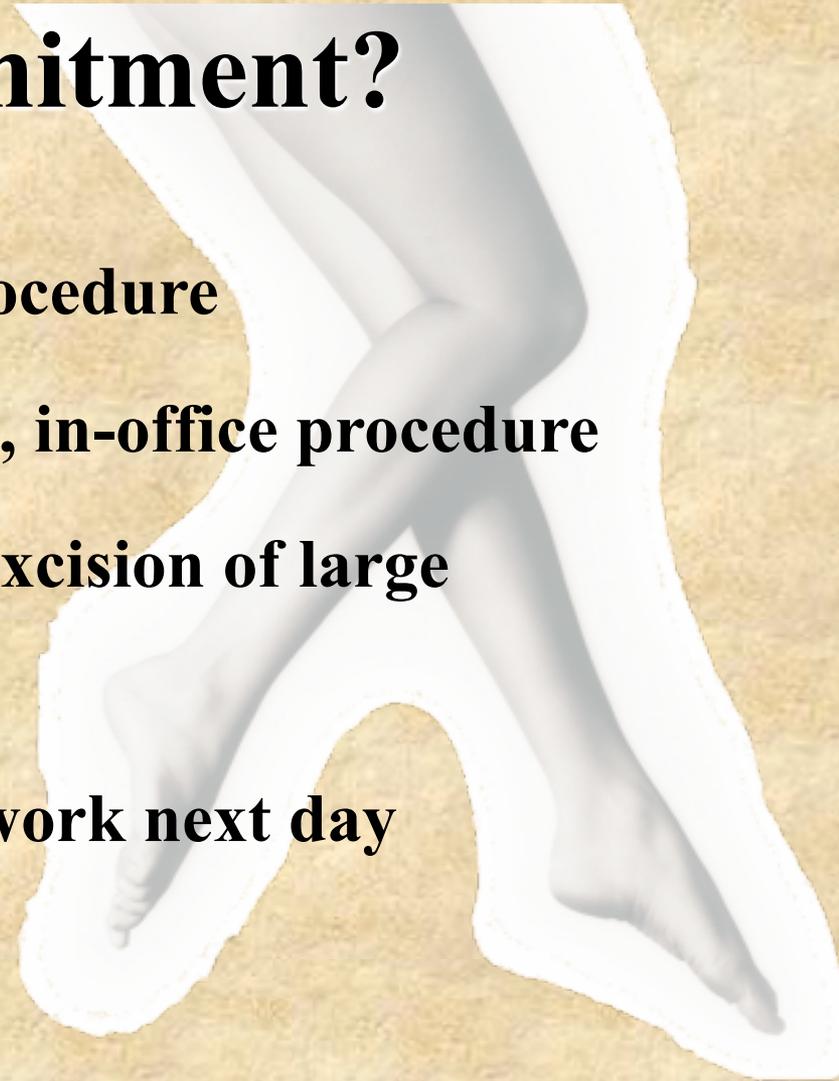
Does loss of the vein cause future problems?

- ❖ **Other veins have already compensated for a leaking, enlarged saphenous vein**
- ❖ **An enlarged, leaking vein usually becomes too diseased for any future use**
- ❖ **Future surgical heart bypass with the saphenous vein is extremely unlikely**



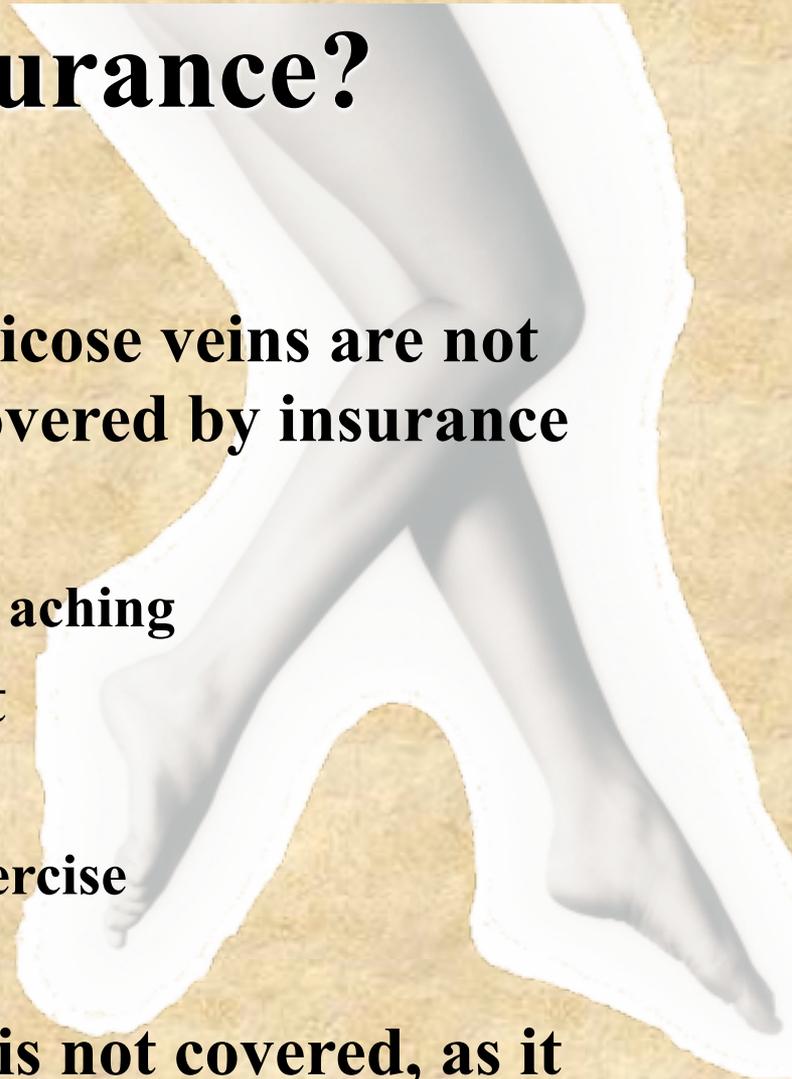
Extent of time commitment?

- ❖ **Approximate 45-minute procedure**
- ❖ **No hospitalization required, in-office procedure**
- ❖ **Possible additional staged excision of large branches or sclerotherapy**
- ❖ **Resume normal activities, work next day**
- ❖ **Resume exercise next week**



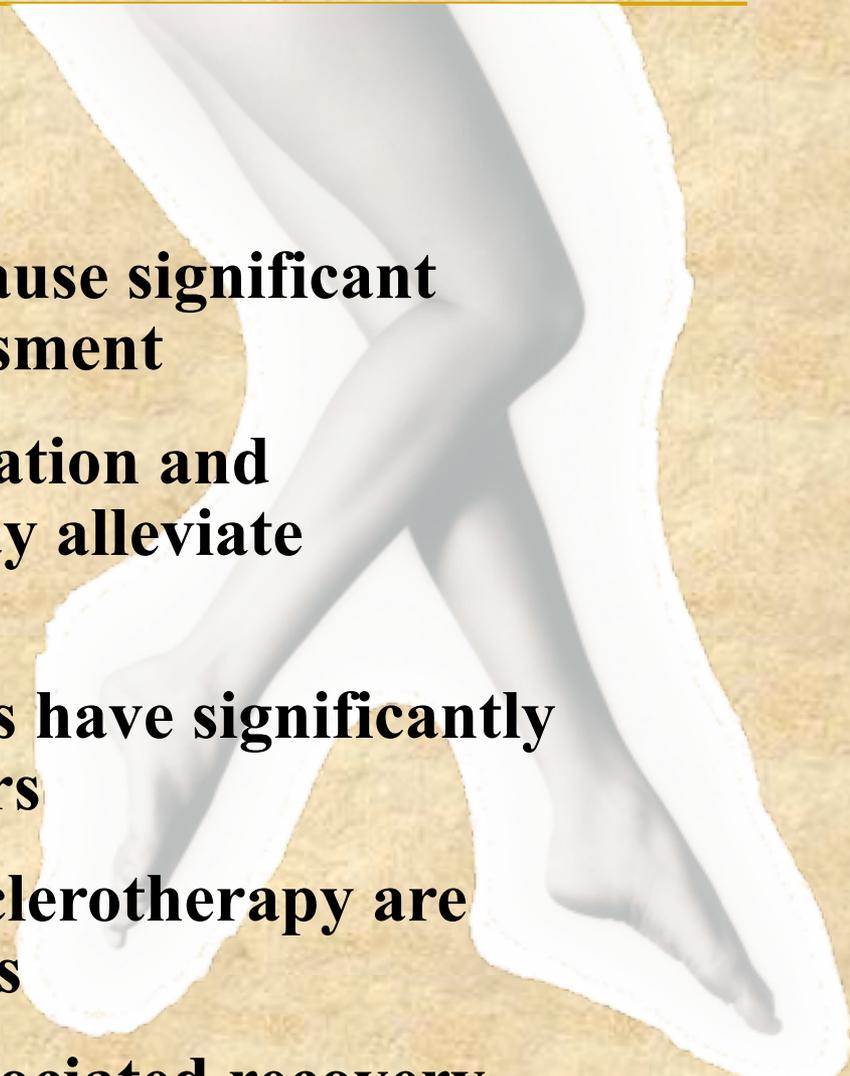
Is this covered by insurance?

- ❖ **Most cases of symptomatic varicose veins are not considered cosmetic and are covered by insurance**
- ❖ **Indications**
 - ❑ Pain, swelling, skin discoloration, aching
- ❖ **Trial of conservative treatment**
 - ❑ Compression stockings
 - ❑ Attempt at weight control and exercise
 - ❑ Elevation
- ❖ **Sclerotherapy for spider veins is not covered, as it is considered cosmetic by insurance companies**



Summary

- ❖ **Varicose & spider veins cause significant discomfort and embarrassment**
- ❖ **Exercise, weight loss, elevation and compression stockings may alleviate symptoms**
- ❖ **Current treatment options have significantly improved over recent years**
- ❖ **Laser vein therapy and Sclerotherapy are effective treatment options**
- ❖ **Low risk and minimal associated recovery**





Monday, April 12, 2010