



**Steinberg Diagnostic  
Medical Imaging Centers**

*"Where Imaging Revolves Around You"™*

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## Varicose Veins Therapy

Thank you for choosing **Steinberg Diagnostic Medical Imaging Centers** to perform your **Varicose Vein Therapy** examination. We realize you may have questions regarding your upcoming exam and hope this information will help explain the procedure to you. If you have further questions, feel free to call our office at (702) 732-1280.

### What are varicose veins?

Your veins carry blood from the capillaries to the heart. In your leg, this means the blood has to flow upward, against gravity. Consequently, these veins have one-way valves to prevent the blood from backflowing. Over time these valves can fail to close tightly, allowing blood to pool and causing the bulging and twisting characteristic of varicose veins.

### How is the laser procedure different from surgery?

Surgery involves considerable preparation, general anesthesia, pain in the affected area and a lengthy recovery period. The medical laser technology used in ELVS eliminates all of that.

First, it's "minimally invasive," meaning the entry point through which your physician gets the laser fiber to the target area is extremely small, not even requiring stitches.

Second, there is really no "recovery" to speak of. In fact, you'll be up and walking as soon as it's over, able to return to full normal activity.

Third, the risk of infection is extremely low.

Fourth, it involves minimal discomfort.

### Exactly how does a laser treat varicose veins?

**ELVS** fixes this problem at the source by delivering just the right wavelength of laser energy to just the right tissue, causing the incompetent vein to close while your body automatically routes the blood to other healthy veins.

### What is the actual procedure like?

It takes about 45 minutes right in our office and no general anesthesia is required, just a local anesthetic. Your physician then inserts a thin laser fiber into the vein through a sheath and the laser light is emitted through the fiber. While you might feel some unfamiliar sensation, it is not painful.

### I've heard about lasers being used in medicine but I'm not sure how they work. Are they safe?

Simply put, a laser is a highly concentrated beam of light. Medical lasers work by delivering this light energy to the targeted tissue with extreme precision so as not to affect the surrounding tissue. And they've proven their safety and effectiveness through years of use in all kinds of medical procedures, from eye surgery to dermatology. In the hands of a skilled physician, lasers offer far less and fewer complications than conventional surgery.

## How long before I see the results?

There may be some slight swelling right after the procedure, but you could start seeing the results right away.

## Will they last?

In clinical trials laser treatment has proved to be 97% effective - an outstanding record of success. Therefore, you should experience reoccurrence in the veins that have been treated. Follow - up procedures may be desired to obtain optimal aesthetic results.

## Will my insurance cover it?

Check your policy and call your insurance provider to find out what their exact coverage will be.

## As you can see, the new is all good...

No surgery, no downtime, no varicose veins. If you suffer from this condition, now might be the time to do something about it. Ask your physician about the procedure and find out if ELVS is right for you.

## Benefits VS Risks of treating varicose veins

### \* Potential Complications of not undergoing treatment

The potential complications of not undergoing treatment are most often limited to merely a worsening of the condition i.e. an increase in the number of veins or enlargement in the existing veins. In cases of large varicose veins, spontaneous superficial phlebitis, or bleeding will occur. Patients with varicose veins associated with underlying venous insufficiency may develop ankle swelling and / or skin changes (eczema, hyperpigmentation, ulceration)

### \* Alternative treatments

Since varicose veins and spider veins are not life threatening, treatment is not mandatory. Some patients get adequate relief by wearing graduated compression stockings. Alternative treatments for varicose veins include surgical ligation and stripping, ambulatory phlebectomy, sclerotherapy, bipolar radiofrequency (heat setting), or a combination of these treatments.

### \* Potential Benefits

The potential benefits of the procedure are reduction in the size or closure of the treated varicose veins and improvement in varicose vein-related symptoms. There is no guarantee that you will receive any medical benefit as a result of endovenous laser treatment. It is also possible that your condition will remain the same or worsen.

## Before your laser vein procedure

1. Bring your thigh high compression stocking to the office on the day of your laser procedure. If you do not have a prescription for stocking, please call the office and we can fax or call in a prescription for you.
2. Please arrange a ride to and from the office on the day of the procedure. We ask that you do not drive for 24 hours after the procedure.
3. You will be asked to wear a compression stocking for 24 hours the first week after the procedure, removing the stocking the day after the procedure to shower. The second week post procedure you will need to wear the stocking during waking hours only.
4. Schedule a follow up appointment for one week after the procedure. The clear dressing(s) on your leg will be removed at that time.
5. Shower before your procedure, as you will not be permitted to shower after the procedure for 24 hours.
6. Do not apply any type of moisturizer to your leg the day of the procedure.

8. Wear loose clothing
9. Nothing by mouth 6 hours prior to the procedure.

### **After the procedure**

1. The day of the procedure you may return to normal daily activities with the following restrictions: no heavy lifting or aerobic activity one week.
2. Keep the leg elevated when sitting for the first 24 hours.
3. The compression stocking is to be working for 24 hours for the first week, removing it to bathe only, beginning tomorrow. The second week after the procedure the stocking is worn during waking hours only.
4. Bruising is normal. You may feel a "pulling sensation" and/or leg discomfort for the first week after the procedure.
5. Please wear the compression stocking for any aerobic activity for one month after the procedure. No strenuous activity for the first week after the procedure.

### **Results of the test**

At SDMI, we have a radiologist on site at all times so the test will be interpreted promptly. The results will be phoned, faxed, mailed or delivered electronically to the referring physician. He/she will share the results with the patient. Many times the radiologist will go over the results of the test before the patient is discharged.

### **I am ready to schedule an appointment.**

To schedule an **Varicose Veins Therapy**, Please call 240 - 1280