



# PATIENT HANDBOOK

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



**THANK YOU FOR CHOOSING**



Center for Vein  
Restoration



# TABLE OF CONTENTS

- 4** Welcome
- 5** Why Center for Vein Restoration?
- 6** Our Locations
- 8** What is Venous Insufficiency?
- 9** Early Signs of Vein Disease  
& Possible Side Effects
- 10** Your Leg Veins
- 11** Vein Disease Affects 1 in 4 Adults
- 12** What to Expect
- 13** Progression of Therapy
- 14** What to Watch Out For
- 15** Customized Treatment Plans
- 17** DVT Information
- 18** Meet Our Team of  
World-Class Physicians
- 22** Referral Program
- 24** What are Patients Saying About Us?
- 26** Leave Us a Review!



# 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".

**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.



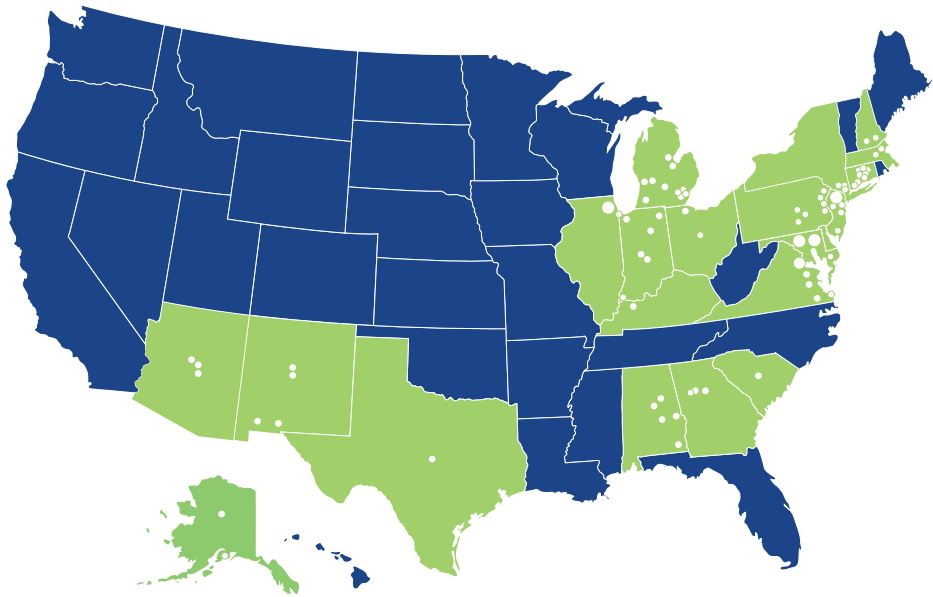
We impact the lives of over 200,000 patients annually. We conduct more vein procedures than any other vein clinic or hospital. The largest of its kind, our practice is built on experience, expertise, and trust. Our team of board-certified physicians and vein care specialists will provide the safest,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

- CANTON
- DEARBORN
- 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
- HACKENSACK

#### **(NEW JERSEY CONTD.)**

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

#### **NEW MEXICO**

- ALBUQUERQUE
- DEMING
- LAS CRUCES
- RIO RANCHO

#### **NEW YORK**

- BRONX-GRAND CONCOURSE
- BRONX/PELHAM
- SCARSDALE

#### **OHIO**

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

#### **PENNSYLVANIA**

- BENSALEM
- HANOVER
- HORSHAM
- KING OF PRUSSIA
- MECHANICSBURG
- WAYNE
- YORK

#### **SOUTH CAROLINA**

- COLUMBIA

#### **TEXAS**

- AUSTIN NW
- AUSTIN SW

#### **VIRGINIA**

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

#### **WASHINGTON DC**

- PROVIDENCE HOSPITAL



CELEBRATING  
**15 YEARS**  
2007-2022

From our first patient at our first clinic to serving **200K+ patients annually** at **100+ locations nationwide**, CVR is grateful for the trust of our patients and celebrates the commitment of our staff. We look forward to the next 15 years!

# 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 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

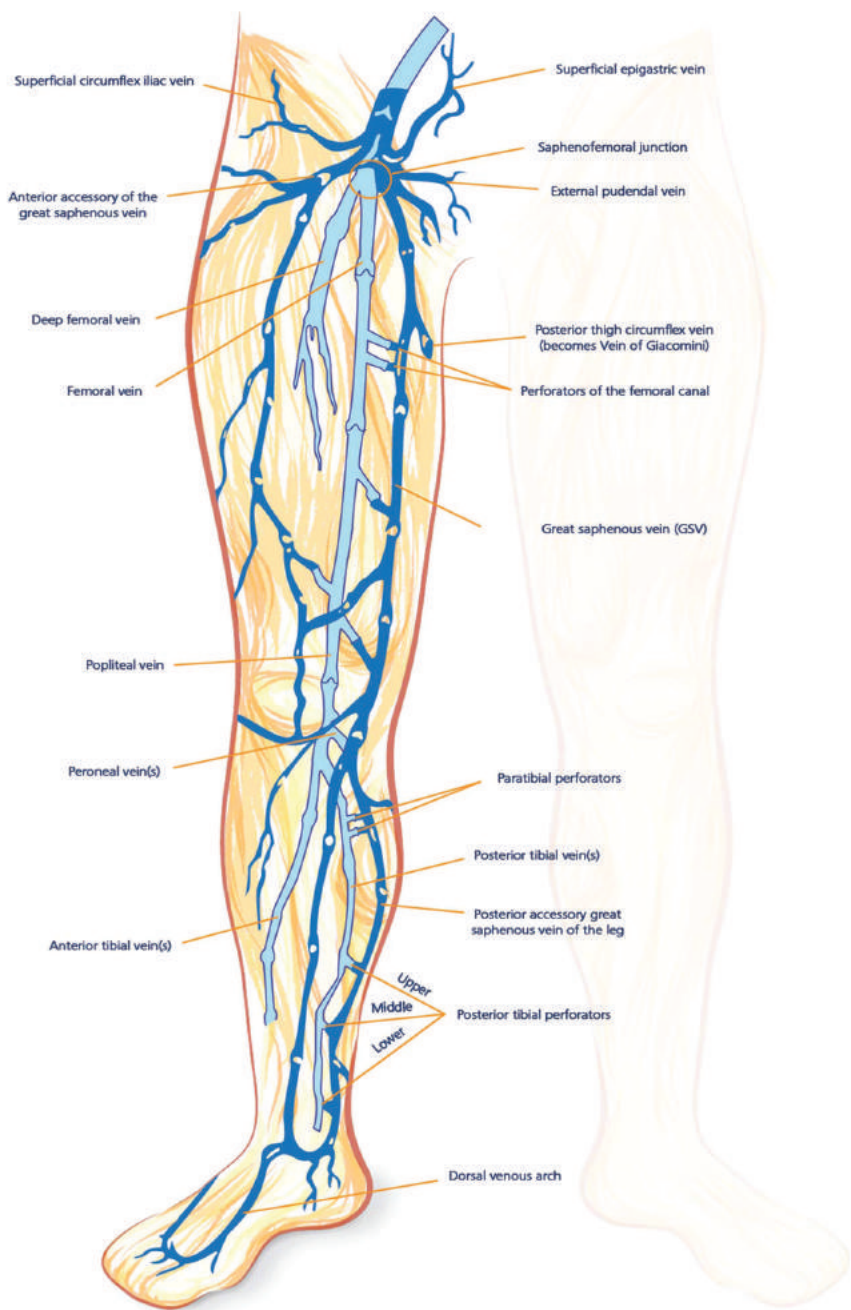


# POSSIBLE SIDE EFFECTS

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 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.

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

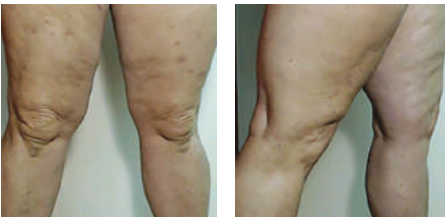
Following the initial procedure, you will need to schedule follow-up ultrasounds to ensure proper vein closure and minimize the risk of recurrence.

## BEFORE TREATMENT



## One Week (2-7 Days After)

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



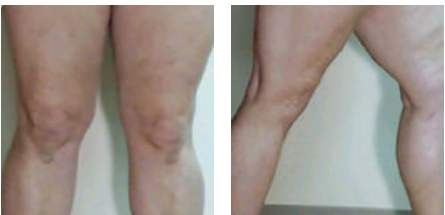
## One Month After Treatment

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 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 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 at a time.



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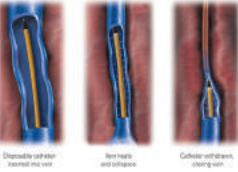
If you make some minor lifestyle changes after your treatment, such as wearing compression stockings and incorporating exercise into your routine, you can manage your vein disease. But it is a chronic ailment. If there is a recurrence of symptoms, schedule another scan.

# 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.

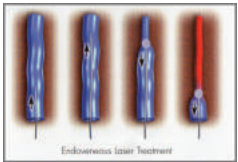
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## RADIOFREQUENCY ABLATION

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, 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.

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## AMBULATORY PHLEBECTOMY

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.

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



**FAST RECOVERY**



**STAY ACTIVE**



**IN-OFFICE  
TREATMENTS**

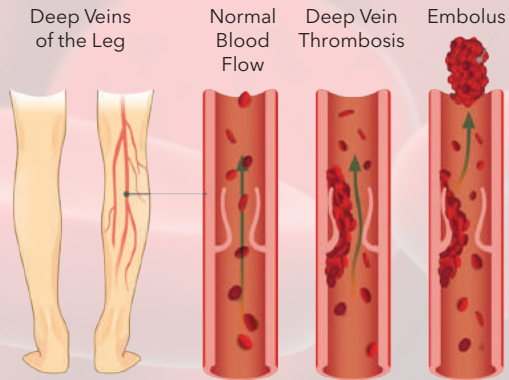


# WHAT IS DVT?

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



**Christopher Bulger**  
MD, FACS



**Rory C. Byrne**  
MD



**David Calcagno**  
MD



**Philip Chaipis**  
MD, FACS



**Michael Cornwell**  
MD, FACS



**Kristine Cruz**  
MD, FACS



**Zoe Deol**  
MD, FACS,  
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**R. Lance Dillon**  
MD, MBA



**Mark A. Edelman**  
MD, DABVLM



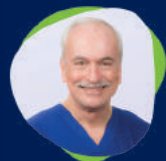
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MD



**Eddie A. Fernandez**  
MD, RPVI



**Arlen G. Fleisher**  
MD, FACS, RPVI,  
RVT, DABVLM



**James Fonger**  
MD, FRCS



**Adria L. Ford**  
DO



**Robert Fried**  
MD, FACS



**Fatisha Gayton**  
MD



**Aditya Gupta**  
MD, RPVI, DABVLM

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



**Michael Harding**  
MD



**Laura Harlan**  
DO



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



**Mohamed T. Hassan**  
MD, RPVI



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



**Don Ives**  
MD, RPVI, RVT,  
DABVLM



**Joseph Jenkins**  
FACS, DABVLM



**Alfred Jump**  
MD



**Abhi Kasinadhuni**  
MD



**Laura Kelsey**  
MD



**Pamela Kim**  
MD, RPVI



**Soohyun Kim**  
MD, RVT



**Seema Kumar**  
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DABVLM



**Sanjiv Lakhanpal**  
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**Duc Le**  
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**Peter Liao**  
MD, PhD



**Deborah  
Lindner Cogan**  
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**John Mathai**  
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**Thomas Militano**  
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**Keith Moore**  
MD



**Nick Morrison**  
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FACPh



**Khanh Nguyen**  
DO, RPVI



**Michelle Nguyen**  
MD, FACS, RPVI



**Richard Nguyen**  
MD



**Keith C. Nichols**  
MD, RPVI



**Peter J. Pappas**  
Vascular Surgeon



**Louis Prevosti**  
MD, FACS



**John Rossi**  
MD



**Gregory D. Ruth**  
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RPVI, RVT



**Vinay Satwah**  
DO, RPVI



**Frank Sbrocco**  
MD



**Marlin W. Schul**  
MD, RVT, DABVLM



**Mike Sebastian**  
MD



**Anuj Shah**  
MD, FACEP



**Mehul Shah**  
MD, FSVM



**Vinit S. Shah**  
DO



**James Shepich**  
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**David Shevitz**  
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**Theresa M. Soto**  
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**Lawrence Starin**  
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**Sean K. Stewart**  
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**Shekeeb Sufian**  
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**Barbara Terpstra**  
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**Priya Thirumalai**  
MD, FACS



**Kenneth L. Todd**  
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**Dominic J. Tolitano**  
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**Shubha Varma**  
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**Chandran**  
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**Tuan-Anh Vu**  
MD



**Diana Wilsher**  
DO, DABVLM

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





## **REFER THE PEOPLE YOU CARE MOST ABOUT TO CVR - AND GET REWARDED!**

Join our friends and family program and help us help them.  
We work hard every day to earn your confidence.  
The greatest compliment you can give us is your trust.



Scan to  
learn more!



## **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!

# THE LEADERS IN SCLEROTHERAPY

Tired of those unsightly spider veins?  
Center for Vein Restoration can help!

**Ask us to learn more!**



Scan to make an  
appointment!





## WHAT ARE PATIENTS SAYING ABOUT US?

Staff was wonderful. The doctor explained everything and procedure went very well. No discomfort and I will continue to see them.

- Cheryl G.



Quality service and quality results. Thank you for explaining everything that needed to be done in each procedure and most of all a caring staff that made sure I was comfortable and well taken care of.

- Laurie G.



Great experience. Everyone was polite and professional. No long waiting, they started my appointment right on time. The doctor explained everything in detail and answered all of my questions. Very impressed!

- Vicki S.





# 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  
**1-800-349-5347 / 1-800-FIX-LEGS**

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



**VERSION - APRIL 2022**

