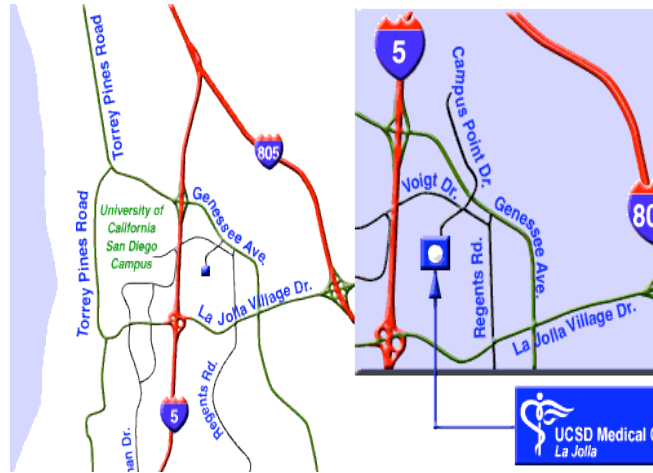


## *Endovenous Laser Therapy*

*A new therapy to treat  
varicose veins.*

*For more information  
call the UCSD Vein  
Center at 858-657-  
6465.*



## *Endovenous Laser Therapy*

*A new option*



### UCSD VEIN CENTER

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## *What is vein disease?*

Veins are the blood vessels that return blood back to the heart. To overcome gravity, they have valves that keep blood flowing in only one direction. When they fail or the vein gets damaged so the valves do not work properly, blood begins to pool in the vein and travels in the opposite direction. This is called reflux or incompetence.

The most common manifestations are spider veins, reticular and varicose veins.

Treatment options include:

1. Compression stockings
2. Injections (sclerotherapy)
3. Surgery
4. Endovenous laser therapy



## *Endovenous Laser Therapy*

This new minimally invasive therapy is done as an outpatient procedure using duplex ultrasound imaging guidance. A small nick is made in the skin, and a narrow catheter is inserted into the saphenous vein all the way up to the groin. The machine applies laser energy to the vein interior, an action that heats the vein and seals it closed.

**How successful is endovenous laser therapy?**

Published clinical results show a success rate of 90-95% in closing the treated vein and resolving or improving the appearance of the varicosities.

**What should I expect during and after the procedure?**

During the intervention, you are awake and your leg is anesthetized. The procedure lasts about 1 to 2 hours and you go home after it. Expect to resume normal activities immediately after being sent home, and limit strenuous exercises for two to three weeks. Bruising and a slight pulling sensation are expected within the first weeks following treatment. Compression stockings are worn for two consecutive weeks, removed only for bathing during the first week, and bathing/bedtime during the second week.

**What are the complications of this procedure?**

As stated before, expect bruising and a pulling sensation throughout the thigh. Other possible complications are thrombophlebitis, deep venous thrombosis, and skin or nerve injury.

**Will insurance cover the treatment?**

Many insurance companies cover the treatment of vein disease that is associated with substantial pain and other complications, but there may be some limitations.

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