

Varicose Veins

As many as 40% of women and 20% of men suffer from painful and unsightly varicose veins. Varicose veins are formed when a backward flow of blood occurs due to improperly functioning vein valves. Gravity will then cause the blood to pool in the legs and, over time, the veins lose their elasticity and begin to bulge. The result: a ropelike mass of blue veins under the surface of the skin.

"The most common symptoms associated with varicose veins include tired and aching legs, ankle and leg swelling, and in severe cases bleeding and ulceration. The pain is usually manifested after standing for long periods or at the end of the day."

Over the past ten years, new advances in technology have made treatment options easier for the patient. Otherwise obsolete techniques of stripping have been replaced by new procedures such as endovenous laser treatment (EVLT®). EVLT® uses targeted laser energy to seal the vein shut and help you look and feel better fast. Performed in an office setting no general anesthesia is required. The procedure takes approximately 1.5 hours and

there is no downtime. Normal activities are resumed immediately.

Here's what to expect from the EVLT® procedure:

- An ultrasound is used to map out your vein.



BEFORE TREATMENT



AFTER TREATMENT

- Local anesthetic is applied.
- A thin laser fiber is inserted through a tiny entry point, usually near the knee.
- Laser energy is delivered to seal the faulty vein.
- Walking immediately after the procedure is encouraged. Normal daily activity can be resumed; just avoid rigorous activities such as gym workouts.

- There may be minor soreness and bruising. Any discomfort can be treated with over-the-counter, non-aspirin pain relievers as necessary.
- Post varicose vein treatment can include sclerotherapy or laser ablation to remove spider veins.

*** Varicose veins are a medical condition and treatment is covered by most insurance plans.**

Dr. Jodi Schoenhaus, DPM practices lower extremity cosmetics in Boca Raton. After graduating from Temple University she had extensive foot, ankle surgical training in Philadelphia. She has recently opened a state of the art

Cosmetic Foot, Ankle & Leg Vein Center. She does offer complimentary consultations.



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