

# Busting The Myth Of VARICOSE VEINS

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**V**aricose veins are unsightly veins of the legs. Spider veins are basically smaller versions of the same disease. However, there seem to be many myths about this disease, which need busting!

## Varicose Veins Are Not Painful

*This is wrong.* Although patients may have varicose veins which have no symptoms, the majority of these veins are associated with some symptoms. They include a tired feeling in the legs at the end of the day. Most people notice that as the day goes by the veins will get bigger and more tender. When one elevates the leg the veins drain and the tired feeling usually improves. Some veins, which are quite large, may not cause any symptoms yet the same patient, based on the location of the varicose veins, a small vein could cause pain, stinging or burning perhaps whereas a large one would not.

## Varicose Veins Are Harmless

*Not necessarily true.* Although some patient's may have had veins all of their lives with no significant symptoms, patient's with varicose veins are more prone to clots, thickening of the skin, dark pigmentation of the skin, rash, breakdown ulcers, and swelling of the legs just to mention a few.

## Varicose Veins Should Not Be Removed Since They May Be Needed For Bypass Surgery

*Wrong.* These are disease veins and not healthy enough for bypass surgery.

## Varicose Veins Cannot Rupture Or Bleed.

*Wrong.* They can erode through the skin or be accidentally cut while shaving causing profuse bleeding.

## There Is No Cure For Varicose Veins

*Not true.* They can be treated with stockings, leg elevation and surgery.

## The Removal Of Varicose Veins Involves Going To The Operating Room And Requires General Anesthesia

*Wrong.* Almost all of the veins in the leg of any size can be treated under local anesthesia (numbing medicine) in the office with minimal discomfort.

## You Cannot Work For Weeks After Varicose Vein Surgery

*Not true.* Although this was true for vein stripping, with laser ablation of the varicose vein in the office patients are encouraged to walk the day of surgery and can usually return to work the next day or with 2 days.

## Varicose Veins Can Come Back With A Vengeance After Treatment



Before

After



Before

After



Before

After

*Not true.* Although vein stripping was associated with new vein formation, with laser ablation we do not seem to see this to be the case anymore.

## Treatment Of Varicose Veins Has A High Recurrence

*Not true.* Although 40% recurrence rate could be expected in varicose vein stripping, with laser ablation the recurrence rate is about 3%. I have seen less than 3% recurrence rate since 2002 when we started using the FDA approved laser in the office for treatment of varicose veins.

## Treatment Of Varicose Veins Leaves Large Scars

*Wrong.* Although vein stripping left up to inch scars, with the laser ablation the small pinpoint scars usually disappear without a trace.

## Treatment Of Varicose Veins Is Not Covered By Insurance

*Not true.* Insurance companies for laser abla-

tion usually cover symptomatic varicose veins treatment.

## Once I Have Varicose Veins Surgery My Legs Will Never Be Normal

*Not true.* I have had patients who could not show their legs in public places due to the pigmentation and varicose veins. After treatment they are able to expose their legs with pride looking as though they never had varicose veins.

## Only Some Veins Can Be Treated

*Not true.* At the Vein and Laser Center of Wilmington, we essentially have a treatment for any size varicose vein.

## Even If The Varicose Veins Are Treated, The Skin Damage, Leg Swelling And Discoloration Will Not Get Better.

*Not true.* The majority of the patients after treatment of diseased varicose veins have very significant improvement of the swelling, discomfort and texture of their skin over time.

## Varicose Veins Are Just Cosmetic

*Not true.* Although some spider veins are cosmetic in nature, the vast majority of them are associated with underlying disease.

## Injections Or Topical Laser Can Cure All Varicose Veins

*Not true.* The underlying cause of varicose veins should be investigated and treated prior to considering injections (sclerotherapy). If the underlying problem is not addressed, the varicose veins will almost certainly come back.

## Treatment Of Varicose Veins Is Not A Specialty

*Not true.* As of March, 2001 the treatment of varicose veins is considered as a specialty (Phlebology). The 1st Board Exam was offered in April 2008.



Dr. Goudarzi completed surgical training in the United States and medical school in London, England. The American Medical Association (AMA) approved the recognition of Phlebology as a self designated practice specialty recently. Dr. Kamran Goudarzi is currently one of only less than 250 physicians in the United States that is Board Certified in Phlebology from the American Board of Phlebology. He continues to practice in General Surgery and Vascular Surgery but has dedicated a good portion of his work to the treatment of venous disease. He pioneered the Vein and Laser Center of Wilmington around 2001 and has been performing laser ablation of varicosities since then. This center was one of only 4 centers in North Carolina. At the time of inception it was also the only one of its type in Wilmington, NC. Dr. Kamran Goudarzi has performed 1500 laser venous procedures since then. Dr. Kamran Goudarzi provides free venous consultations at his office.