

# Exciting Times For People With Varicose Veins

~BY KAMRAN GOUDARZI, M.D., F.A.C.S., F.I.C.S.~

**W**hen I started medical school in 1970 at the University of London, England, I felt like a child in a candy store. Every branch of medicine was exciting to me and I simply could not get enough.

As Sir Winston Churchill said "For some people, going to work every morning is like starting a vacation". Almost 40 years later I have the same passion for this field. New technology and gaining experience has offered me with a great opportunity to provide skills as a surgeon and physician to prolong life and make ones life and life style easier.

I dare say, no field has excited me more than seeing the modern management of varicose veins. 30 years ago a patient with varicose veins would be taken to the operating room, reluctantly put under general anesthesia, endured multiple incisions, lose a fair amount of blood and then be seen in the office later with recurrent varicose veins (about 30-40% in most studies).

Today at the Vein and Laser Center of Wilmington the patient walks into the office, has an average 45 minute procedure. There is no "cutting" involved. No blood loss. The procedure is almost pain free with no sutures. No general anesthesia and has a more effective treatment of varicose veins with less than 3% recurrence rate. The patient is able to walk out of the office and return to work the next day. There are not many areas of surgery where this much overall achievement has been made..

The technique is quite simple. One inserts an IV in the varicose vein that is to be treated. This is no more painful than starting an IV anywhere else in the body with the exception that this is less painful (we use local anesthesia).

Instead of tearing the vein, the small laser fiber is inserted through the IV into the varicose vein and after applying some local anesthetic around the vein, the laser energy seals the vein.

A patient of mine who is a nurse had this procedure done in my office last week. At the end of the case she looked at me with a surprised look in her eyes and asked "is that it? That was easy." That was what I never would have heard from a patient who had a varicose vein stripped!

As a general vascular surgeon who has practiced on 2 continents and in some of the best centers in the world, I never thought I would be so impressed by one of the simplest of procedures and particularly on a varicose vein.

Since its' inception, the Vein and Laser Center of Wilmington in 2001 when only a few centers in the USA were doing this procedure. I have performed over 1000 cases (closer to 1500). The long term results have been just as impressive as the short term results.

To provide good care for patient's with varicose veins, a fair amount of dedication, however, is needed. One needs a dedicated staff. We have an insurance clerk with over

30 years experience taking care of insurance needs of patients. We do all of the insurance precertification and filing for our patients. The ultrasound machines need to be of the highest quality to evaluate the veins preoperatively and allow you to very precisely and accurately see the laser fiber in the vein. One needs not only an U/S tech but I believe a vascular U/S tech with experience in vein surgery to run these machines. I am lucky to have two techs with this certification. One needs a nurse preferably with operating room tech training and experience that is familiar with lasers and the care of the laser machine to assist in these procedures. Also a dedicated physician capable of performing this procedure with good knowledge of anatomy of the veins and lower extremity and special interest in the field of Phlebology.

I am a general vascular surgeon who was an instructor in anatomy and doubly Board Certified in General Surgery and Phlebology. Experience with over 2,000 cases also helps!

I believe with the current ability that we have in the field of venous disease, no one should go around suffering from varicose veins when they can be treated efficiently, simply as an office procedure with minimal discomforts and no general anesthesia.

For further details about varicose veins please visit my web site at [www.veinandlasercenterofwilmington.com](http://www.veinandlasercenterofwilmington.com). [dr.goudarzi.com](mailto:dr.goudarzi.com) under publications or [www.evl.com](http://www.evl.com) and look at the news videos posted since 2001.

I also provide a free consult visit for a personal face to face questioning for those interested, at my office.



Dr. Kamran Goudarzi graduated from medical school from the University of London, England. He then spent 2 years at the University of London Medical School postgraduate training in surgery. He came to the United States in 1981 completing his surgical residency in the United States. He is a licentiate of Royal College of Physicians, Member of Royal College of Surgeons, and Fellow of International College of Surgeons, and Fellow of American College of Surgeons. He is certified by the American Board of Surgery, recertified and again recertified by the American Board of Surgery. He is also one of 250 surgeons in the United States Board certified in Phlebology.