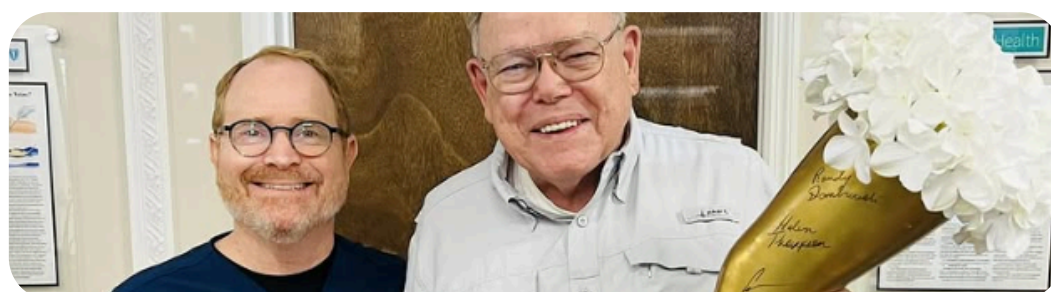


Vein911®

WE'LL HELP YOU FEEL GREAT AGAIN!

What I Should Know About My Leg Veins



**Watch Initial
Treatment
Video Here:**



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Welcome to Vein911®

“We’ll Help You Feel Great Again!”®



Mission:

We’ll Help You Feel Great Again!®

Vision:

Ritz-Carlton Service, Disney Fun, Amazon Delivery...to be America’s
Choice For Vein Care

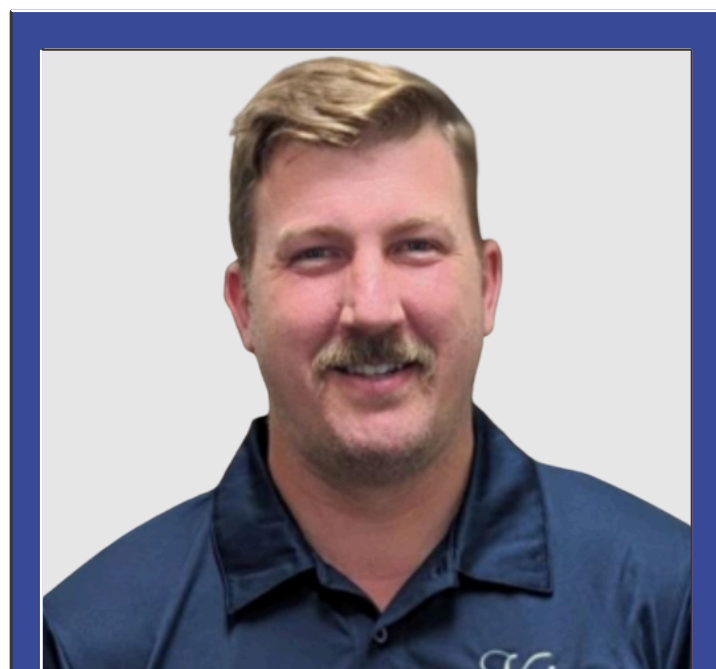
Core Values:

1. **Go Getter** – We don’t try. We do. Excuses don’t live here.
2. **Team Player** – It’s never “my patient” or “your patient”—it’s always “our patient.”
3. **Transparent Communication** – Speak the truth. Respectfully. Always.
4. **Unequivocal Excellence** – Excellence is the floor, not the ceiling.
5. **Patients Are Our Friends** – We care for you like family, with honesty and heart.

Your Award-Winning, World-Renowned Vein911® Vein Care Specialists



Chris Pittman
MD, FAVLS, FACR, FACP (Hon)



Brian Pink
MD, MBA, DABFM, DABVLM, RPhS



Luciane Aledi
MD, MSc, PhD

Message from Dr. Pittman

Founder and Executive Chairman
Vein911® Vein Treatment Centers

Award-Winning, World-Renowned for Care, Education & Research

You may be dealing with leg pain, swelling, heaviness, visible veins, or questions about what comes next. My life's work has been dedicated to advancing venous and lymphatic health, and I'm proud that our work at Vein911® has been recognized nationally and internationally.

I've been honored to be named a Tampa Magazine Top Doctor for four consecutive years (2022–2025). Our practice has also been recognized as a Gator100 company, a two-time Tampa Bay Business Journal Best Place to Work, and recipient of the top national award for innovative research at the 2021 American Vein & Lymphatic Society (AVLS) Annual Meeting.

But what matters most is what this means for you. We are one of only five U.S. fellowship training programs accredited by the American Board of Venous & Lymphatic Medicine, training the next generation of vein specialists. Physicians from around the world come to Vein911® to learn advanced techniques—so you can feel confident you're in experienced hands.

Compassion Meets Innovation

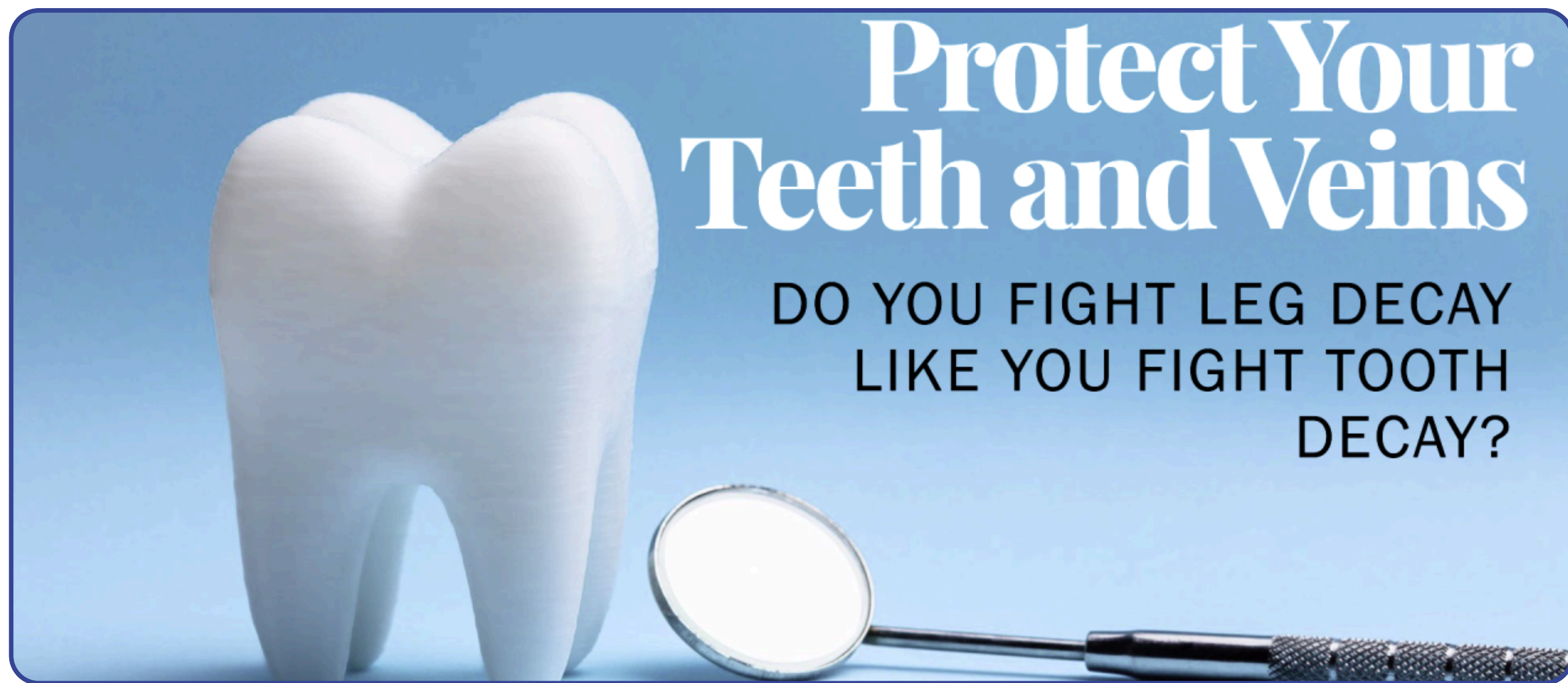
We don't just treat veins — we transform lives.

Patients from all walks of life including athletes, celebrities, household names and everyday people trust our highly trained Vein Care Specialists to deliver world-class results with compassion and heart. We celebrate excellence, teamwork, and putting patients first in everything we do.

I welcome your compliments about our fantastic team, and I'm equally open to your concerns. Please feel free to call or text me directly at 813-833-1249.



Vein Health and Dental Health Compared



Unexplained Leg Symptoms? You may have Superficial Venous Disease (SVD).

SVD is a serious and common condition, affecting about 75% of Americans. Much like tooth decay, it can progress silently for years, often going unnoticed until symptoms appear — including pain, leg swelling, skin changes, or even ulcers.

The good news? Unlike dental work, most major insurance plans cover vein care. SVD is treatable with minimally invasive procedures, compression socks, and routine checkups — just as we prevent oral disease with daily brushing, flossing, and routine dental visits. **It's not smart to go to the dentist once in a lifetime, don't go to the vein doctor once in a lifetime.**

Do I Have Vein Disease?

Your Lifetime Risk of Common Conditions

- Diabetes & Sciatica: **40%**
- Knee Arthritis & High Cholesterol: **50%**
- Vision Correction: **65%**
- **Vein Disease:** **75%**
- High Blood Pressure & Dental Disease: **90%**

Millions of Americans suffer with undiagnosed vein disease that they and their physicians are unaware of.

Are you experiencing any of the following?

- Spider Veins
- Varicose Veins
- Heavy or Tired legs
- Itching or Burning
- Aches, Pain, or Tenderness
- Ankle Swelling
- Lower Leg Skin Discoloration
- Night Cramps
- Restless Legs
- Numbness/Tingling
- Neuropathy
- Bleeding Veins
- Ulceration



Spider Veins



Varicose Veins



Skin Discoloration



Leg Wounds



**Restless Legs /
Night Cramps**



Ankle Swelling

Compression sock trial

Wear compression socks for 8–10 hours a day on a 2-days-on, 2-days-off schedule for 1–2 weeks. After that, either stop wearing them or switch to daily use. If your legs feel better while wearing compression socks, it strongly suggests you have vein disease, which can be successfully treated and managed.

Why Do I Have Vein Disease?

Heredity

Vein problems often run in families due to inherited weak vein walls and leaky valves. You cannot pick your parents.



Pregnancy

Progesterone causes veins to stretch and enlarge. After delivery, veins may not return to their normal size.



Prolonged Standing or Sitting

Staying in one position too long increases pressure in leg veins, causing blood to pool.



Age

Just like your skin and muscles, veins weaken and lose elasticity over time. Everything sags as we age.



Obesity

Extra weight puts added pressure on your veins, speeding up vein damage.

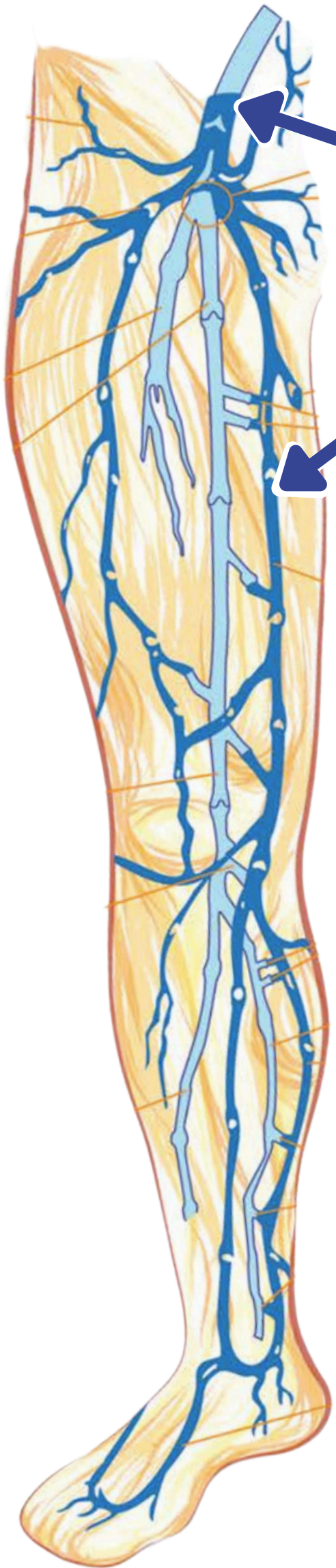


Surgery or Injury

Leg surgery or trauma damages veins and lymphatic vessels, often worsening symptoms and swelling in that leg.



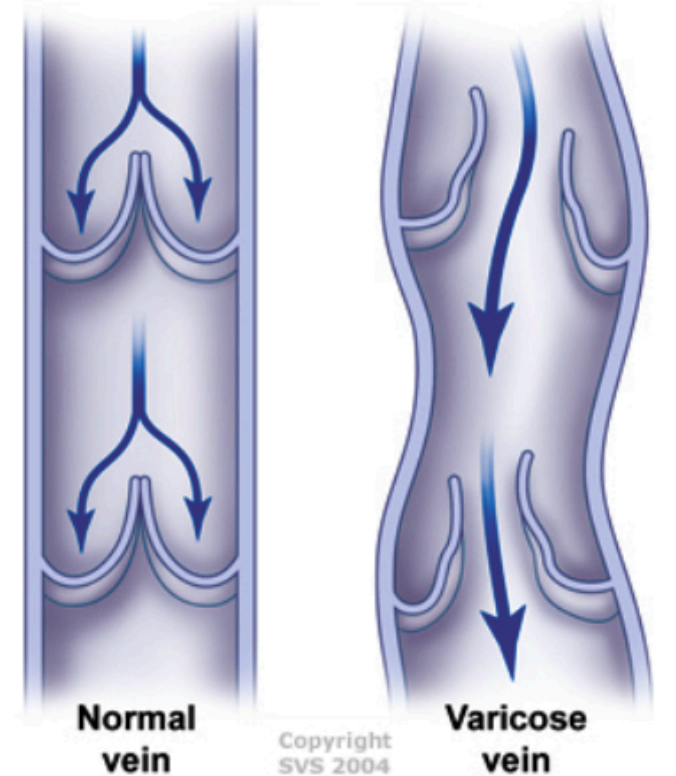
How Do My Leg Veins Work?



Two Vein Systems in Your Legs

Deep veins: In your muscles; carry ~98% of blood back to your heart. Deep vein disease is uncommon, but blood clots (DVT/PE) can form here.

Superficial veins: Near the skin; carry ~2% of blood. This is where most vein disease (varicose/spider veins) begins.



What is Vein Disease?

Arteries carry blood away from your heart, and veins return it. When vein valves weaken or fail, blood pools in the legs, increasing pressure and damaging veins. This can cause visible changes, discomfort, and other health issues.

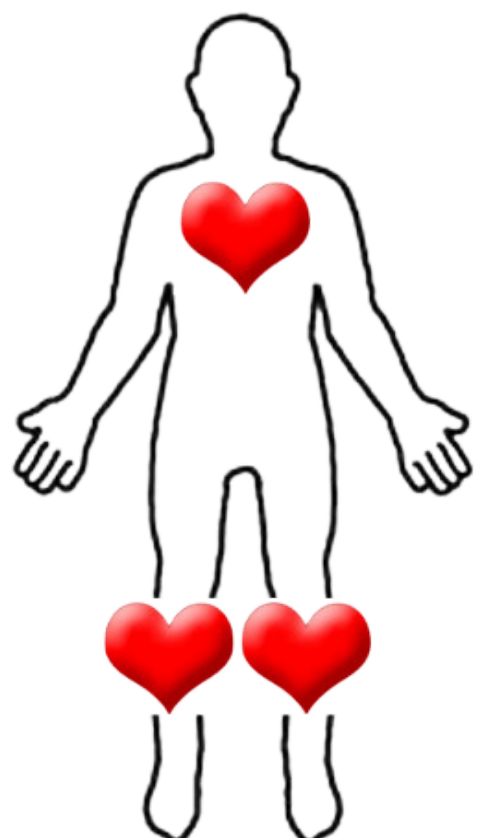
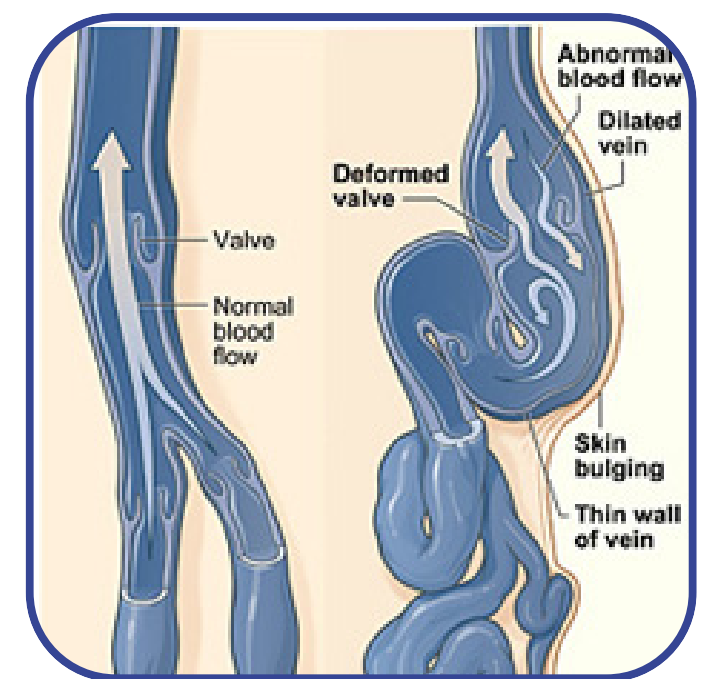


Think of it like a leak in the attic causing a flood in the basement.



The “Waterfall” Analogy

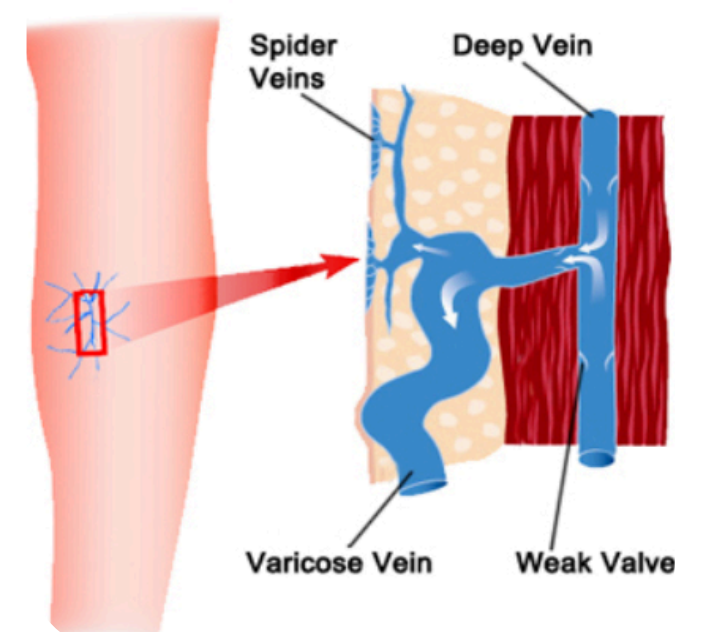
Healthy veins have one-way valves that keep blood flowing to your heart. When valves fail, blood flows backward — like a waterfall in the wrong direction — into smaller branch veins, creating varicose veins. In nature, a waterfall ends in a beautiful pool; in your legs, it ends in swelling, skin changes, discoloration, aching, and heaviness.



You have 3 “Hearts”

Calf contractions squeeze deep veins to push blood upward. This “pump” moves blood and fluid out of your legs to reduce swelling.

Formation of Spider Veins



How Can I Prevent My Vein Disease and Ankle Swelling?

Sit the Proper Height



- Avoid pressure on back of your thighs to prevent ankle swelling.
- Knees should be at hip height when sitting.
- Use a footrest at work, home, and in airplanes.
- **Place a sheet of paper under your thigh -- if you can't pull it out, your chair is too high.**

Stay Active & Engage Your Calf Muscle



- Leads to weight loss, better mobility, and more activity.
- Improves mind, body, spirit, ankle swelling, and vein health.
- Walk, move, and exercise daily to prevent immobility-related swelling.
- Activities like walking in water or gentle toe-pointing -- “ballerina” or “pumping the brakes” motion -- work well.

Use Compression Socks



Compression Socks

- Graduated compression socks push blood and lymphatic fluid up the legs and slow vein disease progression.
- Socks are like “brushing and flossing your legs”, wearing a pill instead of taking one — a “wearaceutical” — like wearing a “performance enhancing drug”.

Compression Wraps

- Easier to put on, last longer, and more effective for severe swelling.
- May reverse skin changes and help you move better.

Compression Pump

- Considered an add-on treatment after other measures are in place.
- Ask your vein specialist for guidance.



Water: Where Life Begins and Mobility Endures



- We begin life swimming in water — the womb.
- **Standing/walking in a pool is ideal —**
 1. Applies 100 mmHg pressure at the ankles
 2. Activates calf muscle pump
 3. Supports 1/2 body weight
 4. For those who are unsteady, you cannot break a hip
 5. Cleanses the legs

Why Wear Compression Stockings?

- If your symptoms feel better wearing compression socks, you have vein disease that will respond to treatment.
- Compression socks improve vein-related symptoms including swelling, aching, skin changes, and more.
- *Your insurance company requires a trial of compression before they will cover your treatment.*
- **Vein911 recommends only these compression sock brands:**
 - **3Hearts, Juzo, Jobst, Medi USA, CEP, and Sigvaris.**



Sock Pressure (mmHg)	Symptoms	Signs	CEAP Classification
15-20	Mild	Spider/Varicose Veins	C1-2
20-30	Moderate	Ankle Swelling, Skin Changes	C3-4
30-40	Severe	Ulcers, Advanced Skin Damage	C3-6

“How to Put on Compression Socks” video”



How to Wear & Care for Your Socks

Tips for putting your compression socks on:

- Use rubber gloves to avoid runs/holes.
- **Open-toe socks:** Only toes should stick out; don't let socks ride up your midfoot.
- **Knee-high socks:** Don't pull above the knee; top should sit just below the knee crease.
- **Doff 'n Donner®:** Helps you safely put on and take off your socks without straining.

Care instructions:

- Machine wash on delicate/gentle cycle; tumble dry low.
- Replace every 6-12 months -- socks lose elasticity over time.



Compression Socks are a “Wearaceutical” for Leg Health

How They Work

- Compression squeezes your veins, making blood flow faster — like putting your thumb over a garden hose.
- Faster blood flow prevents blood clots, moves de-oxygenated blood to your lungs faster, and flushes out lactic acid that causes muscle fatigue and soreness.



Wear a Pill, Don't Take a Pill

- Many people mistakenly take pills like diuretics / water pills for swelling — but compression socks relieve swelling better without side effects.
- Compression socks are “wearaceuticals”, a wearable, daily therapy that promotes long-term leg health, longer careers, and a longer life!



Why Graduated Compression Works Best

- Tighter at the ankle, looser toward the knee — pushing blood and lymphatic fluid upward efficiently.
- More effective than uniform compression at preventing blood pooling.
- Wear a performance enhancing drug!

Benefits You Can Feel

- Relieves aching, heaviness, and swelling.
- Reduces skin changes caused by chronic vein disease.
- Improves walking endurance and recovery.
- Supports joints and muscles during daily activity or exercise.
- Lowers risk of Deep Vein Thrombosis (DVT/Blood Clots).
- Helps travelers and pregnant women prevent swelling, leg pain, and discomfort.



- Wear them during the day or when on your feet.
- Remove if you feel pain, numbness, or tingling.
- Replace every 6–12 months.

My Vein Care Journey



1

Initial Visit

- Evaluation with your Vein Care Specialist.
- Free pair of knee-high, graduated compression socks.
 - Wear your socks 2 days on and 2 days off for 1-2 weeks.
 - After that, either stop wearing them or switch to daily use.



2

Ultrasound and Follow Up Visit

- Ultrasound exam to evaluate vein size and leaking vein valves.
- If your report is positive, walk-in, walk-out treatments are discussed.



3

Conservative Treatment

- Your insurance company requires a conservative trial of compression socks and other measures for 3-12 weeks before they will approve and pay for treatment.



4

Vein Treatment

- Thermal Ablation, Varithena and/or VenaThrive® Foam Sclerotherapy are performed.
- Most patients need 3-5 visits to treat one leg.
- Treatments are virtually pain free with no recovery or downtime, return to normal activities immediately following each treatment.



5

After Treatment Cycle of Care

- Ultrasound exam is performed to document success and establish a new baseline.
- Like the dentist, periodic visits are critical to maintain your leg health.
 - Your progress is evaluated 2 and 12 months after treatment.
 - Come back every 2-3 years, even if you are doing well.

“Friends Don’t Let Friends Get Vein Surgery” – Dr. Chris Pittman

The Best Way to Treat Veins

- Vein stripping surgery is outdated and should never be performed.
- We treat abnormal leg veins by closing them, not removing them.

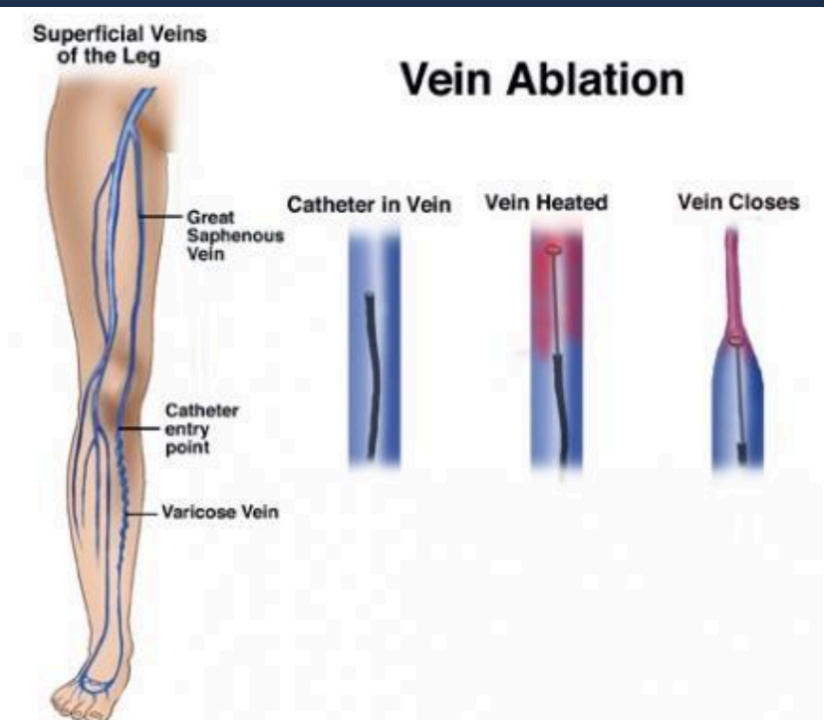


Three methods to close abnormal leg veins:

1. **Thermal Ablation** for hidden, straight veins.
2. **Phlebectomy** for visible, varicose veins.
3. **Ultrasound-Guided Foam Sclerotherapy (UGFS)**, for ALL abnormal veins: straight, branch, invisible varicose, visible varicose.

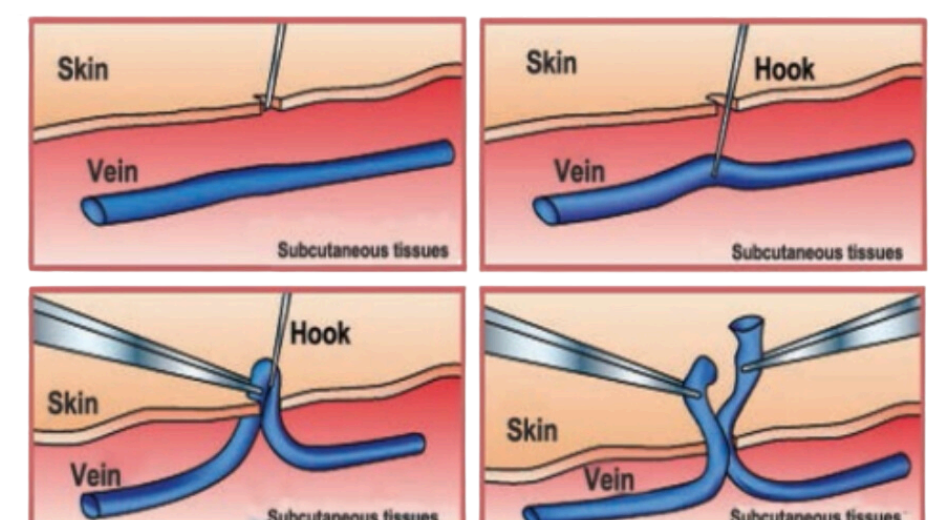
Thermal Ablation

- Branch veins and varicose veins cannot be treated.
- **Revolutionary vein treatment.**
- Radiofrequency (RF) catheter or laser fiber are equally effective.
- RF has less post-procedure discomfort than laser.



Phlebectomy

- Branch veins and invisible varicose veins cannot be treated.
- **Outdated and unnecessary surgical procedure.**
- Skin incisions and a metal hook are used to pull out veins.
- “Tip of the iceberg” is removed leaving behind hidden, abnormal veins.



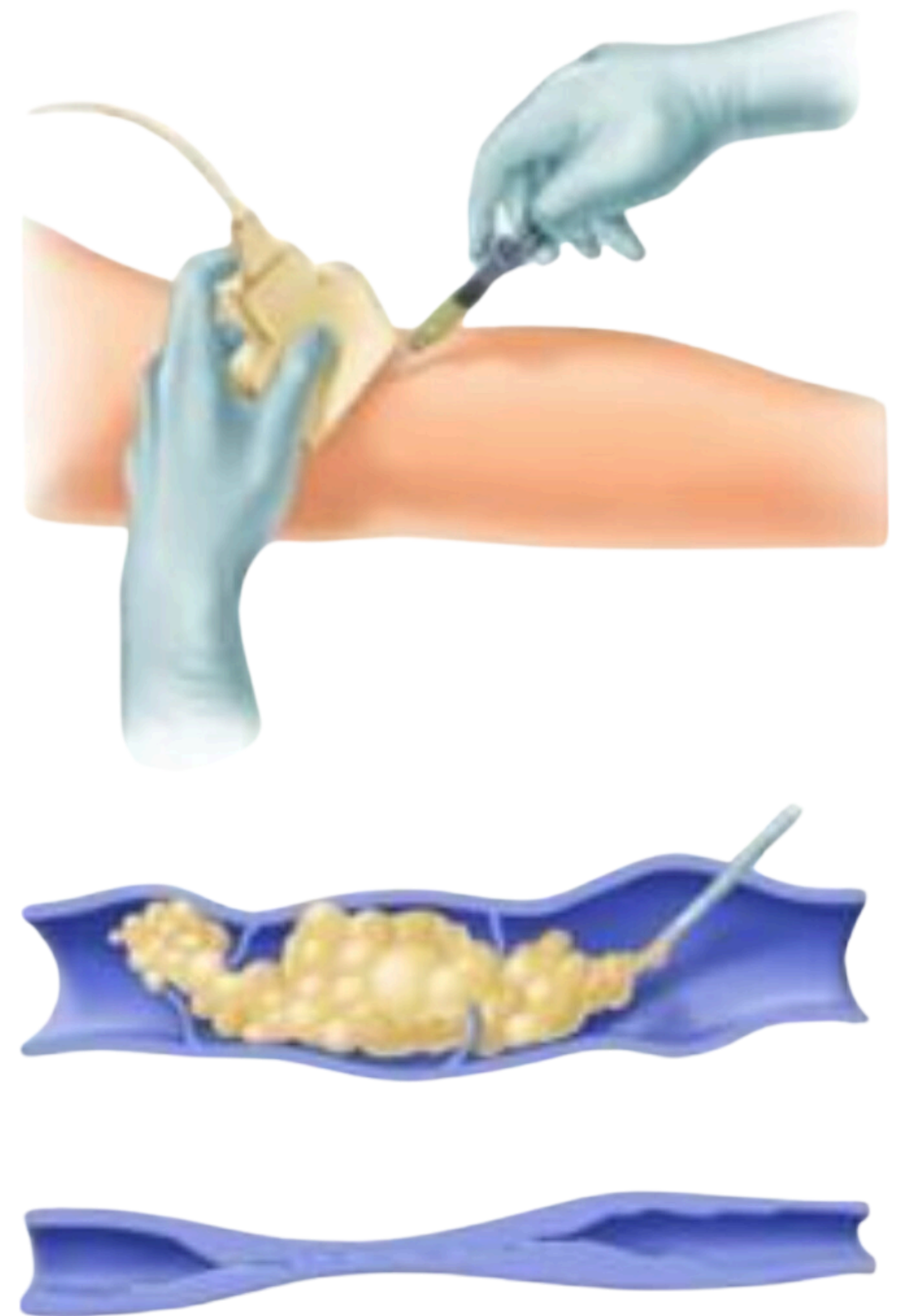
Ultrasound-Guided Foam Sclerotherapy (UGFS)



UGFS is a standard of care method to treat veins all around the world.

VenaThrive® Is a Proprietary UGFS Method Developed by UGFS Expert and World-Renowned Vein Care Physician, Dr. Chris Pittman

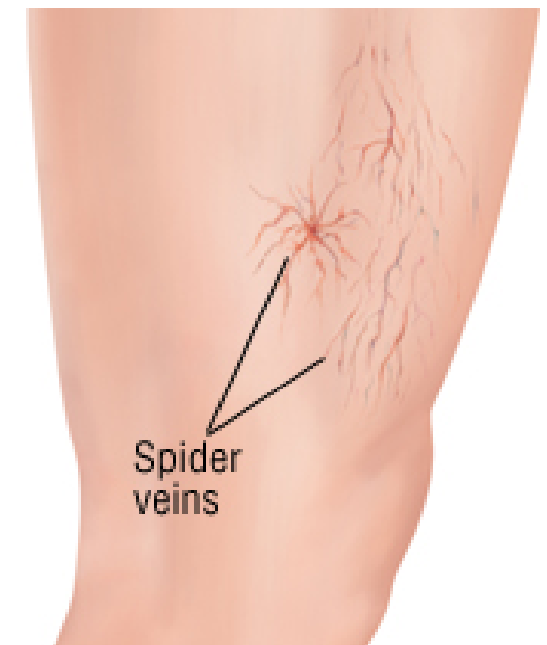
- **Ultrasound identifies hidden, abnormal veins.**
- **Tiny needle directed into abnormal veins.**
- **Special foam injected, instantly destroying abnormal veins.**
 - Foam absorbed by your blood in seconds.
 - Nothing left behind.
 - Treated vein absorbed by your body in several months.
- **Many patients have recurrent vein problems after past treatment with thermal ablation and/or phlebectomy.**
 - Why? UGFS was never performed leaving behind hidden, abnormal veins.
- **Why is UGFS not more common and promoted?**
 - UGFS payment is low.
 - Medical device companies do not profit from UGFS.



What I Need to Know About Spider Veins

? What Are Spider Veins?

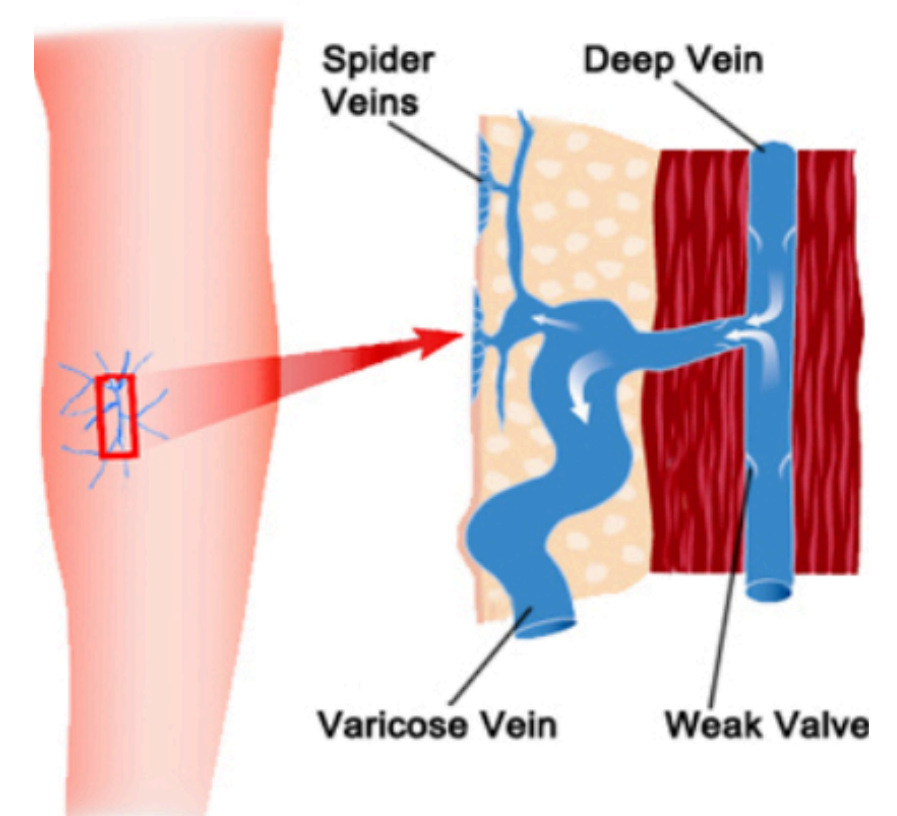
- Small, web-like veins below the skin surface swollen with stagnant blood, **often caused by heredity, pregnancy, prolonged standing/sitting, age, obesity, or injury.**



? Do I have An Underlying Medical Issue?

- Spider veins are often fed by improperly functioning deeper veins that are not visible on your skin. **Spider veins below your knees are ALWAYS caused by medical vein disease.** If you have any leg symptoms, you likely have deeper, hidden vein disease:
- Common warning signs:
 - Itching or Burning
 - Aching or Heaviness
 - Swelling or Cramping
 - Brown or Red Skin Discoloration
- Treating root veins first is crucial — like weeds, surface veins will return if the root cause isn't treated.
- Your vein specialist may perform an ultrasound exam to detect abnormal veins.

Formation of Spider Veins



? How Are They Treated?

- Liquid sclerotherapy is the standard treatment. A safe solution is injected into the vein, causing it to collapse and fade.
- **VenaThrive® Foam Sclerotherapy -- exclusive to Vein911®:**
 - *Delivers better results for both visible and hidden root veins.*
 - *Requires fewer injections and fewer sessions than traditional methods.*
- Minimally invasive. No downtime. In-office procedure.



What to Expect from Spider Vein Treatment

? How Many Sclerotherapy Treatments Will I Need?

- Average 3-6 sessions, lasting 30 minutes or less.
- Personalized treatment plan based on the severity and location of your veins.



Masterpieces aren't completed in one day

? Will They Come Back?

- **Properly treated veins do not “come back”.**
 - New veins **ALWAYS** form over time.
- Like hair color and highlights, botox and fillers, future sessions are necessary to maintain results.
- No improvement after two sessions indicates the presence of underlying vein disease which should be evaluated with an ultrasound.



? How Long Before My Spider Veins Disappear?

- Treated spider veins typically look worse for several weeks before they look better.
 - It takes months for your body to absorb treated spider veins.
 - The larger your veins, the longer they take to disappear.
- Photos are obtained before and after treatment to accurately track your progress.



Why Is Vein911® Different?

- Treating spider veins is both an art and a science. Our sclerotherapists are highly trained in the exclusive VenaThrive® protocol.
- Vein911® offers the only 100% patient satisfaction guarantee in the USA for spider vein treatment.
- Unlike other centers that charge by syringe, time, or treatment area, our pricing is based on the total safe volume of foam for your best value.
- We use the maximal allowable dose, treating more veins in fewer sessions with less needle sticks.

How To Wear Compression Wraps

In the Morning:

- Put your wraps on first thing in the morning.
- Shower or bathe at night instead, so you can wrap your legs immediately upon waking - within 5-10 minutes!
 - Waiting even 20 minutes after waking allows legs to fill with fluid.



During the Day:

- Wear your wraps all day while upright.
- Adjust and tighten your wrap every few hours to keep it snug.
- Make sure compression is greatest at the ankle and lower leg for best results.



At Nighttime:

- You do not need to wear wraps overnight.
- If you do choose to wear them, remove immediately if you feel:
 - Pain
 - Numbness or tingling
 - Difficulty sleeping comfortably



Don't Let Cost Keep You from Feeling Great Again

*At **Vein911**[®] Vein Treatment Centers, we believe cost should never stand between you and feeling great again. Most major insurance plans cover vein treatments when they are medically necessary.*

What's Covered

- Medically necessary treatments for superficial venous insufficiency such as heaviness, itching, aches, pain, swelling, skin discoloration, and ulcers.
- Required ultrasound exams and follow-up visits.
- Conservative care trials like compression sock therapy, required by insurance.

What's Not Covered

- Cosmetic-only spider vein treatments.
- Services performed solely for appearance.

Our Promise to You

- We verify your benefits and handle all pre-authorizations.
- You'll know your estimated costs and coverage upfront.

Self Pay Options

- Ask your Vein Care Specialist about our flexible, affordable self-pay options.
- Easy, convenient financing is available to fit your needs.



Thank You for Choosing Vein911® Vein Treatment Centers — Where Patients Are Our Friends

Dear Friend,

At Vein911® Vein Treatment Centers, we know vein disease is more than cosmetic — it affects how you feel, move, and live each day. You deserve a clear path forward and a team that helps you regain control.

From your first call to your final follow-up, our award-winning Vein911® team — physicians, physician assistants, ultrasound technologists, medical assistants, and patient relations specialists — is here to guide you with clarity, compassion, and purpose.

We live by our “Unicorn Culture” — a standard of excellence, accountability, and open communication. Unicorns are rare, driven, and committed to doing things the right way. Every interaction reflects our mission: *We'll Help You Feel Great Again!*®

Our goal is simple. When you leave Vein911®, you will have:

- Confidence in your care
- A clear plan for what comes next
- Renewed energy and peace of mind

We are honored you've placed your trust in us, and we look forward to walking beside you on your journey to healthier, happier legs.

With heartfelt gratitude,

- Your Vein911® Vein Treatment Centers Team

Vein911®
WE'LL HELP YOU FEEL GREAT AGAIN!

