



## 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!”**



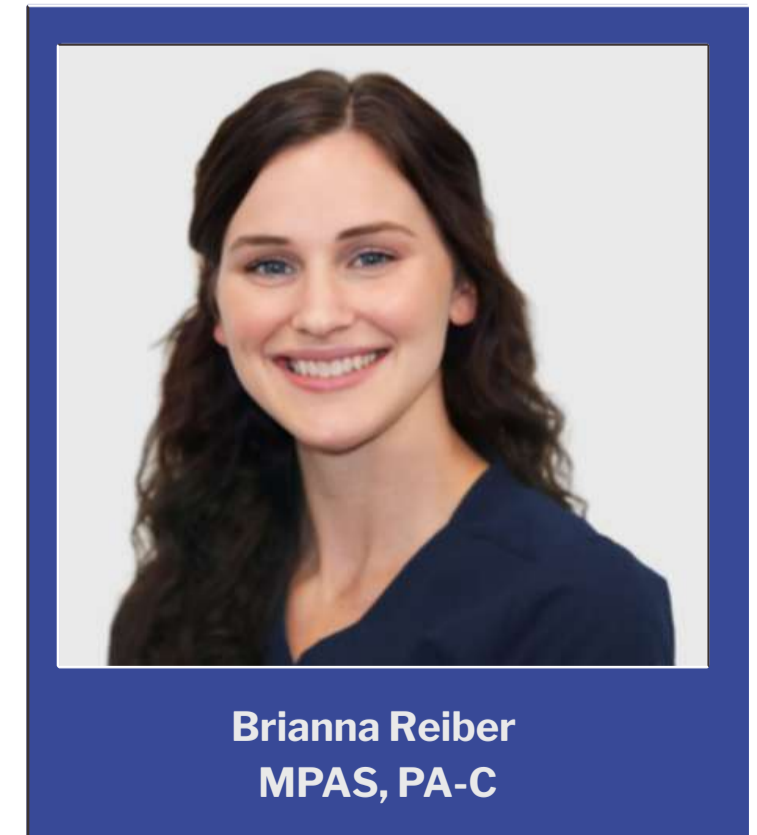
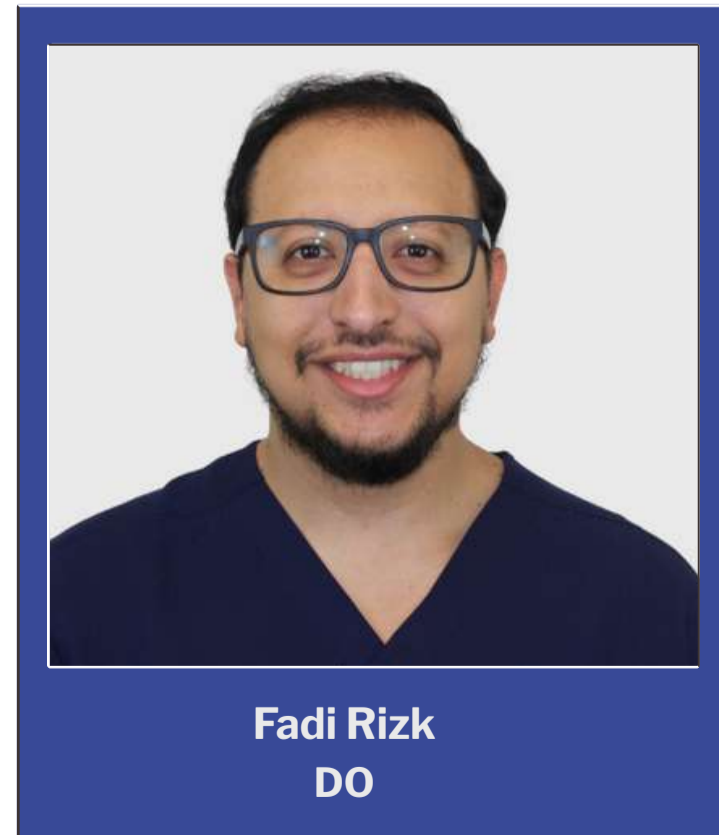
**Our Mission is simple: We’ll Help You Feel Great Again!®**

Guided by our Vision — **“Ritz-Carlton Service, Disney Fun, Amazon Delivery...to be America’s Choice For Vein Care”** — we strive to make every patient experience extraordinary.

## **Your Vein911® team lives by five Core Values:**

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

## **Your World-Renowned Vein911® Vein Care Specialists**



# Message from Chris Pittman,

M.D., FAVLS, FACR, FACP (Hon)

Founder and Executive Chairman, Vein911® Vein Treatment Centers

I'm excited you've chosen Vein911® Vein Treatment Centers to help you feel and look your best.

## World-Renowned Care, Education & Research

As a triple board-certified vein specialist, I've dedicated my career to advancing venous and lymphatic health, and I'm proud that our work at Vein911® has been recognized nationally and internationally. We've been honored as a Gator100 company, a twice Tampa Bay Business Journal Best Place to Work, and I've been humbled to be named a Tampa Magazine Top Doctor four years in a row (2022–2025). But what matters most is what this means for you. *Vein911® is one of only five U.S. fellowship programs accredited by the American Board of Venous & Lymphatic Medicine to train future vein specialists.* Doctors from around the world come to us for advanced training, and our award-winning research — from better treatments for ankle swelling to new advances in men's health — is helping shape the future of vein care.

## Compassion Meets Innovation

At Vein911®, we don't just treat veins — we transform lives. Patients from all walks of life, including athletes and celebrities, trust our highly trained physicians and PAs to deliver world-class results with compassion and heart. Guided by our unique Unicorn Culture, 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



**If you have unexplained leg symptoms, you may have Superficial Venous Disease (SVD).**

Superficial Venous Disease (SVD) is a serious and common condition, affecting up to 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. With proper treatment, SVD is highly manageable through compression therapy, regular movement, and routine checkups — just as we prevent oral disease with daily brushing, flossing, and 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.**

## *Connect With Us*



**Vein911.com**



**Vein911**



**813-491-1222**

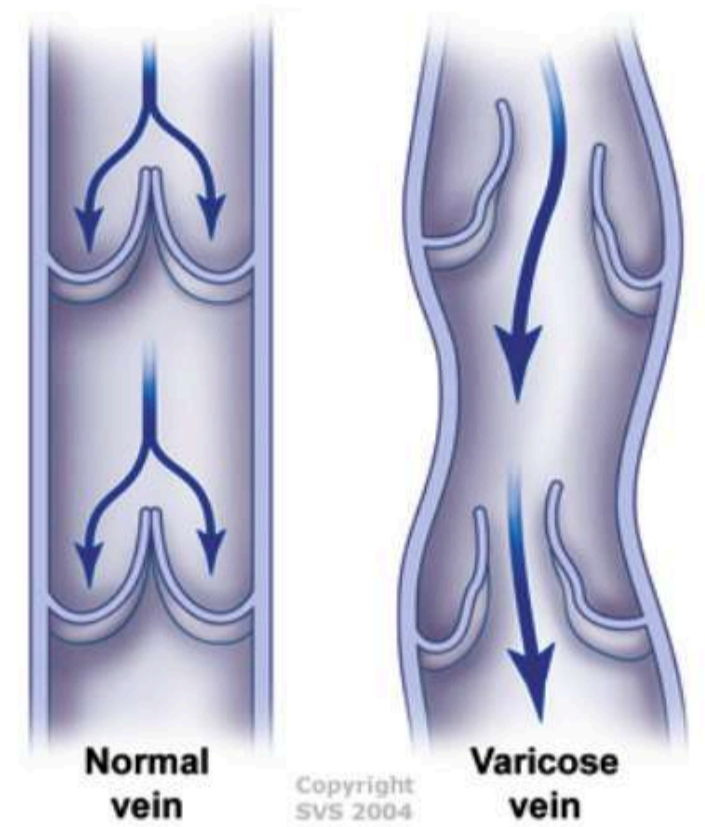


**@Vein911**

# Do I Have Vein Disease?

## Your Lifetime Risk of Common Conditions

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



**Millions of Americans have undiagnosed vein disease that they and their physicians are unaware of.**

## Common Symptoms and Signs

- Spider Veins or Varicose Veins
- Swelling around the ankles
- Aches, Pain, or Tenderness
- Night Cramps or Restless Legs
- Skin Discoloration near ankles
- Heavy or Tired legs
- Itching or Burning
- Bleeding Veins
- Ulceration



**Spider Veins**



**Varicose Veins**



**Skin Discoloration**



**Leg Wounds**



**Restless Legs /  
Night Cramps**



**Ankle Swelling**

## Self-check

Wear compression socks for 8–10 hours a day on a 2-days-on, 2-days-off schedule for the first 1–2 weeks. After that, either stop wearing them or switch to daily use. If your legs feel better while wearing them, it's a strong sign you may 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.

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## Pregnancy

Hormonal changes cause veins to stretch and enlarge. After delivery, veins may not return to their normal size.

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## Prolonged Standing or Sitting

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

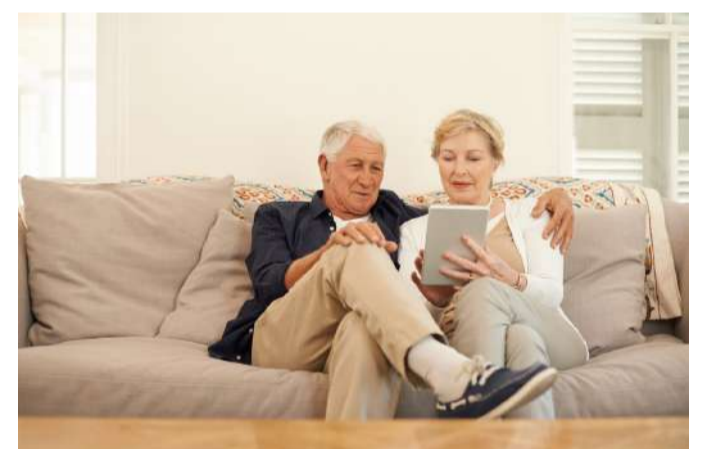
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## Age

Just like your skin and muscles, veins weaken and lose elasticity over time.

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## Obesity

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

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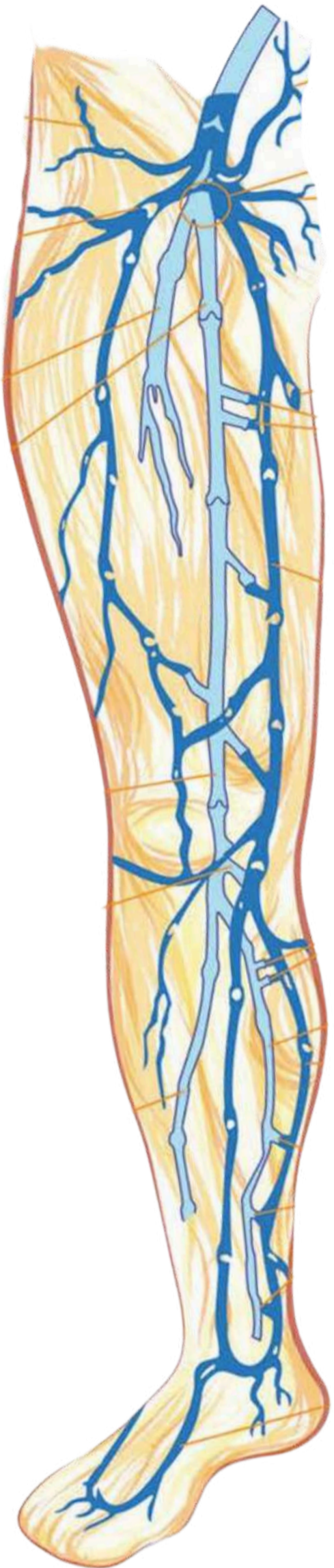


## Surgery or Injury

Leg surgeries or trauma can damage veins or lymphatic vessels, often worsening swelling in that leg.



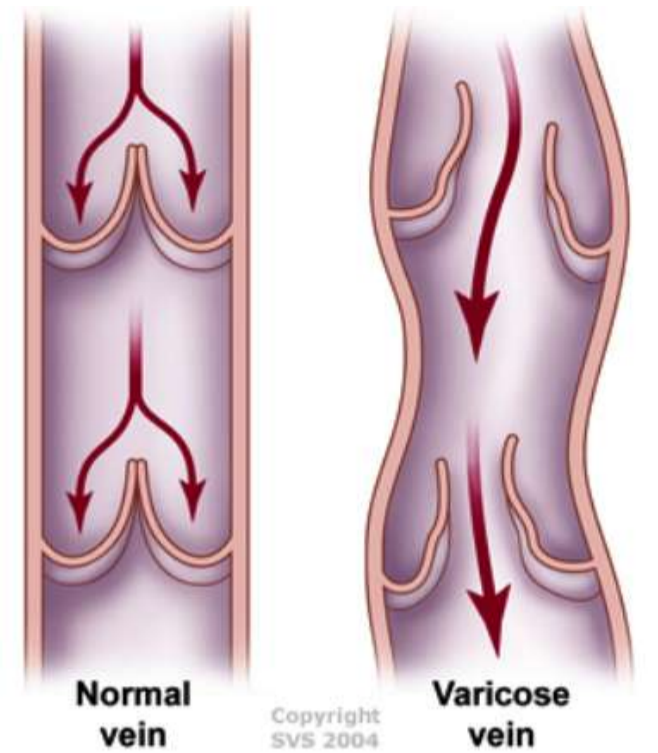
# How Do My Leg Veins Work?



## 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.

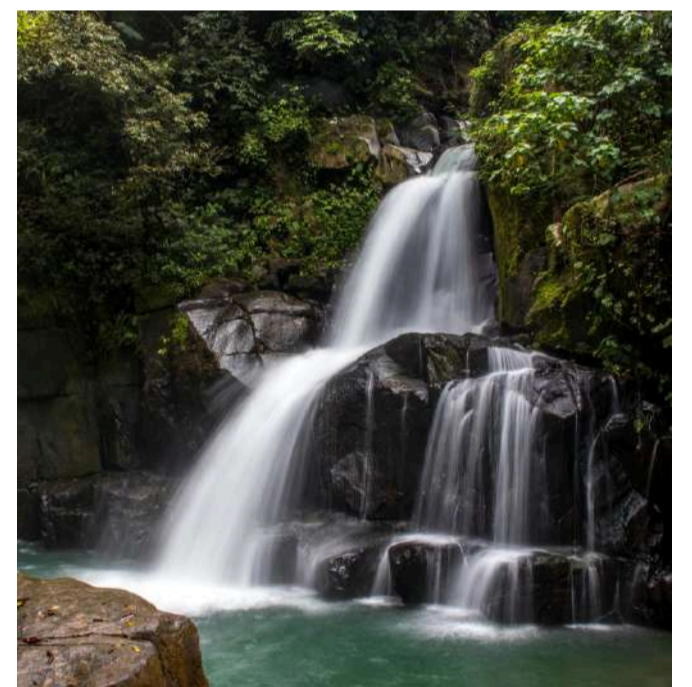


## What is Vein Disease?

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.

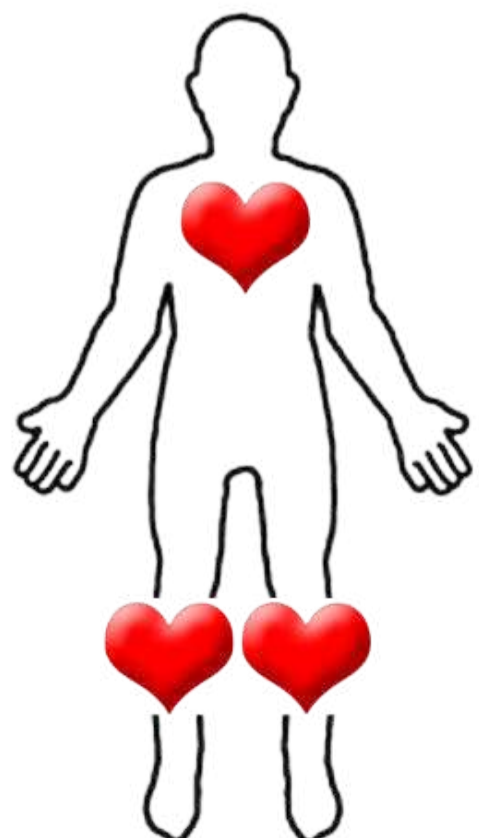
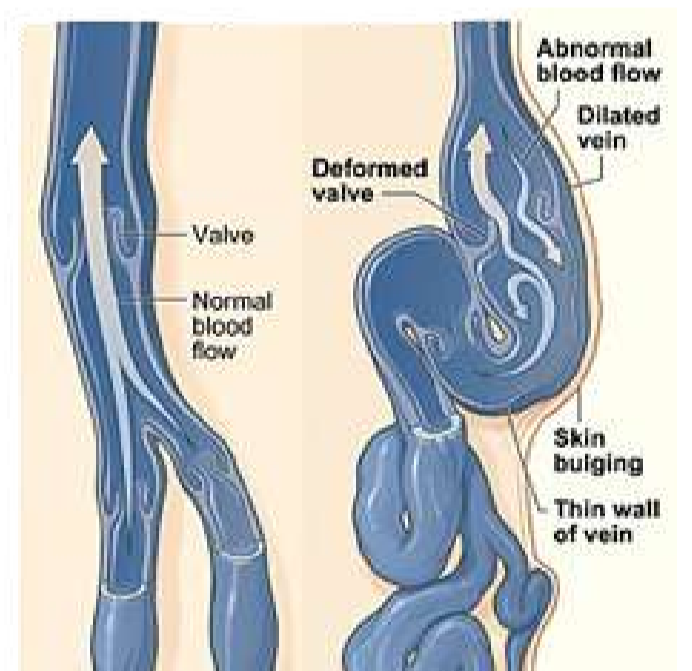


Think of it like a leak in the attic causing a flood in the basement.



## The “Waterfall” Analogy

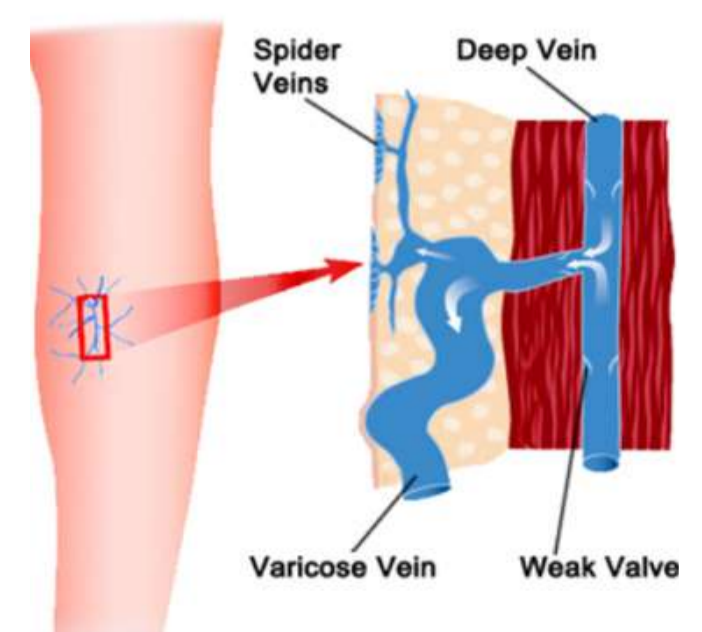
Healthy veins have one-way valves that keep blood flowing to your heart. When valves fail, blood flows backward — like a waterfall in the wrong direction — into smaller branch veins, creating varicose veins. In nature, a waterfall ends in a beautiful pool; in your legs, it ends in swelling, skin changes,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



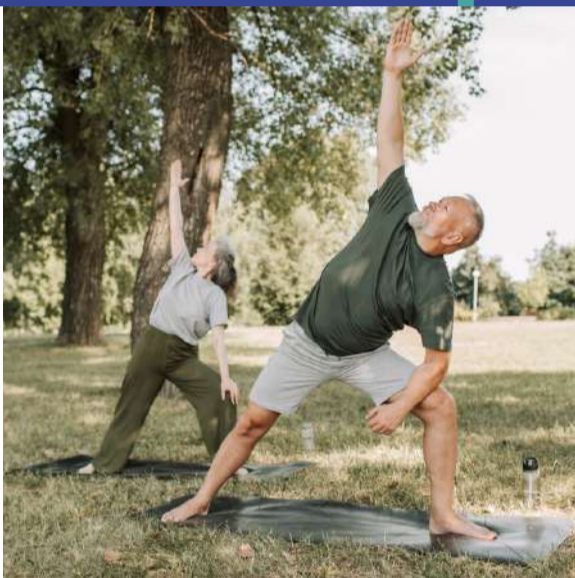
# How Can I Prevent My Vein Disease and Ankle Swelling?

## 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 & Maintain a Healthy Weight



- 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.

## Engage Your Calf Muscle Pump



- Activities like walking in water or gentle toe-pointing -- “ballerina” or “pumping the brakes” motion -- work well.
- **Standing/walking in a pool is ideal** — applies gentle pressure, improves circulation, supports body weight, and works for those who are unsteady.
- Flex and extend calf muscles to move venous and lymphatic fluid up legs.

## Use Compression Therapy



### Compression Socks

- Graduated socks improve circulation and slow disease progression.
- Think of them as “brushing your legs” wearing a pill instead of taking one, a “wearaceutical”, a performance enhancer for your veins.



### 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.

# Why Compression Socks?

## Compression Socks Explained

- If you feel better in compression, you likely have vein disease that will respond to treatment.
- Wearing compression can help manage symptoms like swelling, aching, and skin changes.
- **Most insurance companies require a trial of compression before covering treatment.**



Pressure (mmHg)	Pressure (mmHg)	Pressure (mmHg)	Pressure (mmHg)
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

Scan QR Code  
to watch our  
“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.

### Care instructions:

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



# What Everyone Should Know About Compression Socks

## How They Work

- Compression squeezes your veins, making blood flow faster — like narrowing a pipe so water moves quickly.
- Faster blood flow helps prevent blood clots, gets de-oxygenated blood back to your lungs faster, and flushes out lactic acid that causes fatigue and soreness.



## Wear a Pill, Don't Take a Pill

- Many people take pills like diuretics (“water pills”) for swelling — but compression socks relieve swelling without side effects.
- They’re like a “wearaceutical”, a wearable, daily therapy that promotes long-term leg health, longer careers, and a longer life!

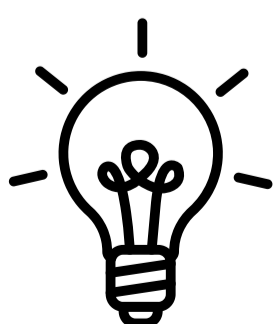


## Why Graduated Compression Works Best

- Tighter at the ankle, looser toward the knee — pushing blood and lymphatic fluid upward efficiently.
- More effective than uniform compression at preventing pooling of blood.
- Reduces swelling, supports muscle function, relieves heavy legs.
- Acts as 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.
- It's like wearing a performance drug.

# My Vein Care Journey



## Initial Visit

- Vein evaluation with your Vein Care Specialist.
- Ultrasound exam obtained in most cases.
- 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.



## Ultrasound and Follow Up Visit

- Ultrasound exam -- to evaluate vein size and leaking vein valves -- reviewed with your Vein Care Specialist.
- If your report is positive for vein disease, conservative measures and walk-in, walk-out treatments are discussed.



## Conservative Treatment

- **Most insurance companies require a conservative trial of compression hose and other measures for 3-12 weeks before they will approve and pay for treatment.**



## 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.



## After Treatment Cycle of Care

- Ultrasound exam is performed to get a new baseline and document success.
- 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.

# The Best Way to Treat Vein Disease

## “Friends don’t let friends get vein surgery.”

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

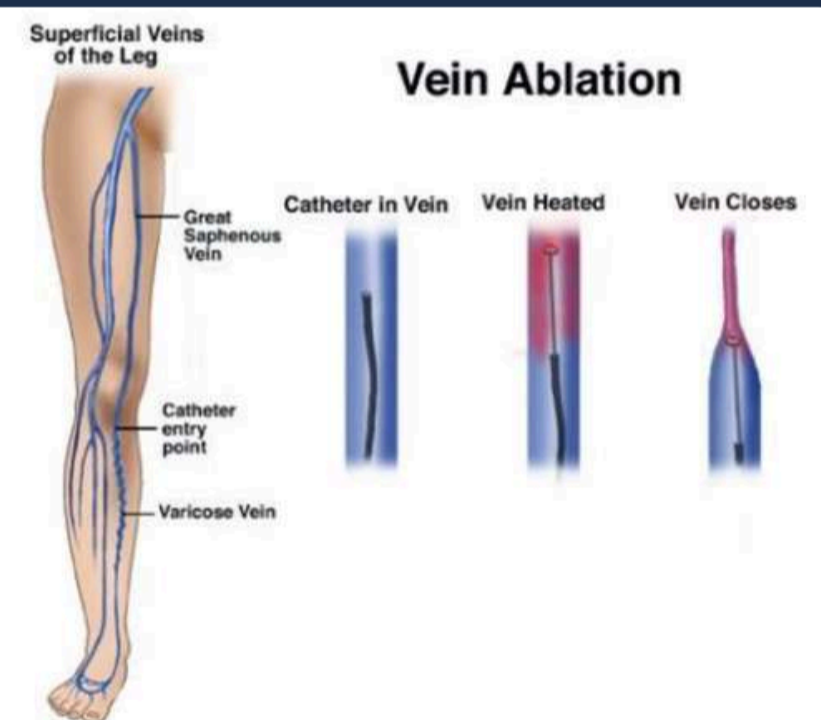
Three methods to close abnormal leg veins:

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.



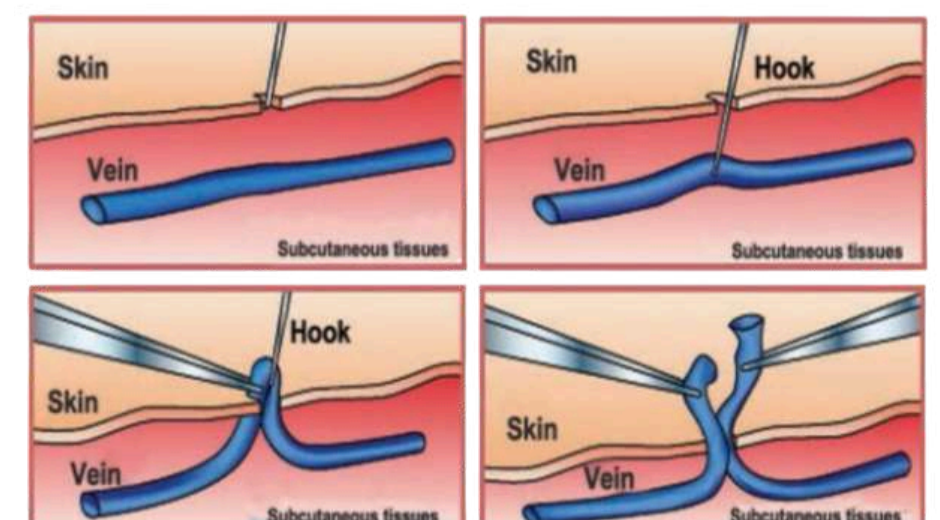
## Thermal Ablation

- 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.



## Phlebectomy

- Branch veins and invisible varicose veins cannot be treated.
- Office surgery for visible varicose veins.
- Skin incisions and a metal hook are used to pull out veins.
- “Tip of the iceberg” is removed leaving behind hidden, abnormal veins.



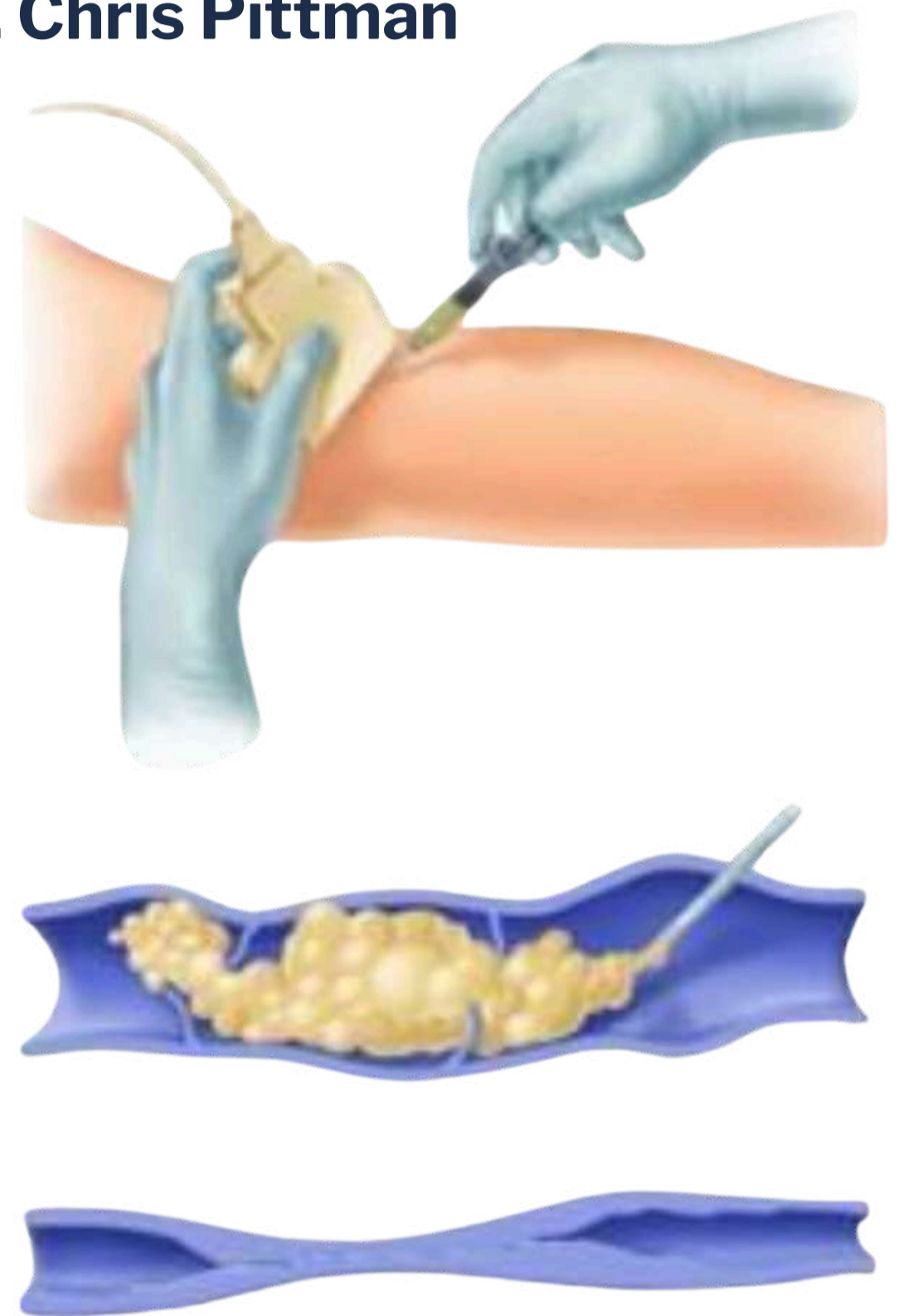
# Ultrasound-Guided Foam Sclerotherapy (UGFS)



**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.



## 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.

# What I Need to Know About Spider Veins

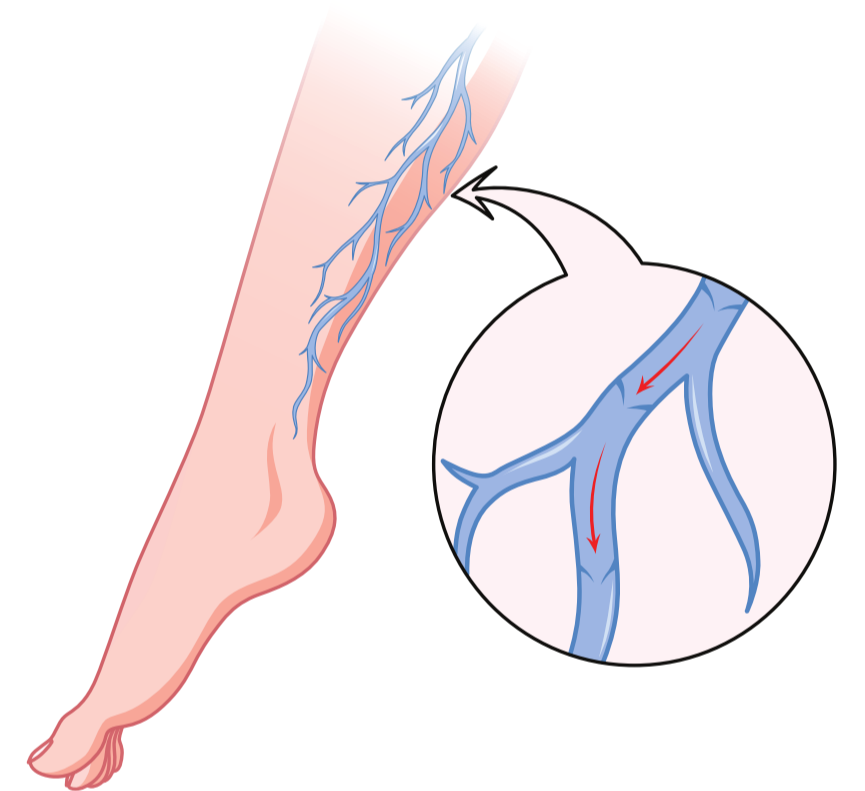
## ? What Are Spider Veins?

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



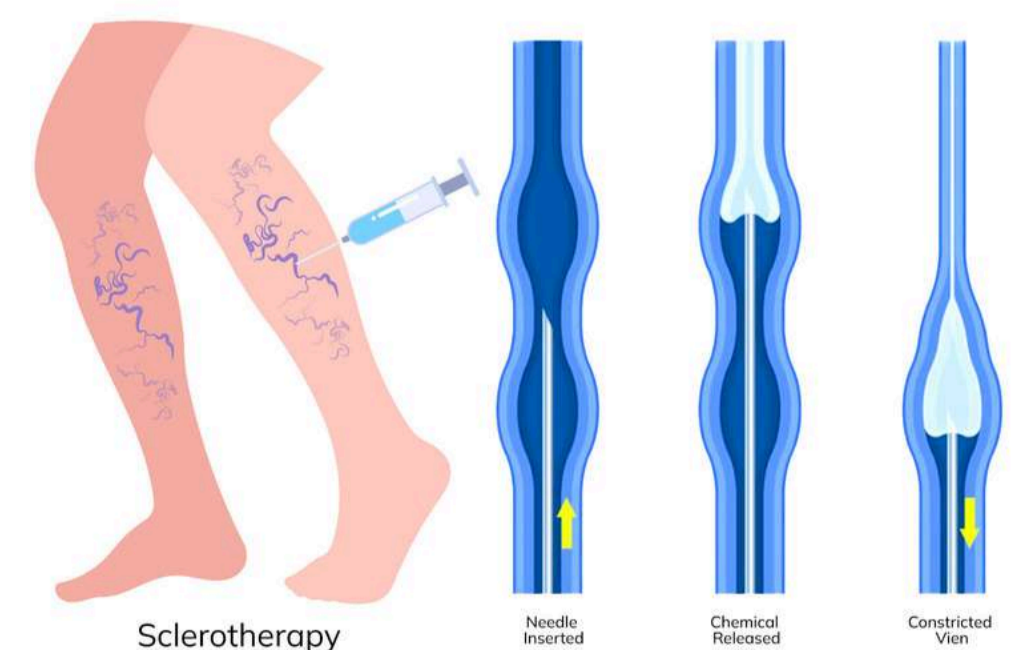
## ? Do I have An Underlying Medical Issue?

- 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 hidden reflux in larger 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?

- Most patients require 3-6 short sessions.
- Each session typically takes 30 minutes or less.
- Your treatment plan is personalized based on the severity and location of your veins, as well as how your body responds.
- Some patients may require fewer sessions, however, ALL patients need periodic maintenance depending on lifestyle, genetics, or vein health.



**Masterpieces aren't completed in one day**

## ? Will They Come Back?

- Properly treated veins do not return. New veins ALWAYS form over time.
- Like hair color and highlights, botox and fillers, future sessions are necessary to maintain results.
- If there is no improvement after two sessions, it may indicate the presence of underlying vein disease, which should be evaluated with an ultrasound.



## ? How Long Before My Spider Veins Disappear?

- Treated spider veins often 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.



## ? How Long Until Results Show?

- Treated veins will appear darker or more pronounced for the first few weeks. This is a normal part of the healing process.
- Full clearance takes time, depending on vein size:
  - Smaller veins may fade within a few weeks.
  - Larger or deeper veins may take several months to fully absorb.
- Photos are obtained before and after treatment to track your progress more accurately.



# How To Wear Compression Wraps

## In the Morning:

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



## 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



# Your Health Comes First — Always.

*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, when required by insurance.

## What's Not Covered

- Cosmetic-only spider vein treatments (without symptoms).
- Services performed solely for appearance.

## Our Promise to You

- We verify your benefits and handle all pre-authorizations.
- You'll always know your estimated costs and coverage upfront.
- We offer flexible financing options for out-of-pocket procedures.

***At Vein911® Vein Treatment Centers, we combine medical excellence with compassionate transparency — helping you feel confident, cared for, and back to your best — physically, emotionally, and financially.***

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

**Dear Friend,**

At **Vein911® Vein Treatment Centers**, we understand vein disease affects far more than appearance — it impacts comfort, confidence, and quality of life. You deserve care that goes beyond treatment to transformation.

From your first phone call to your follow-up visit, our award-winning Vein911® team — physicians, physician assistants, ultrasound technologists, medical assistants, and patient relations specialists — is dedicated to guiding you with compassion, clarity, and heart.

We take pride in our “Unicorn Culture” — a commitment to unequivocal excellence, teamwork, and transparent communication. Every patient experience reflects our mission: **We’ll Help You Feel Great Again!®**

**Our hope is that you leave Vein911® with:**

- Confidence in your care
- Clear understanding of your next steps
- Renewed energy and optimism

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,

**The Vein911® Vein Treatment Centers Team**

*Vein911*®  
WE’LL HELP YOU FEEL GREAT AGAIN!

