My Guide To New Legs

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VEIN CLINIC

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Thank you for choosing **Alsara Vein Clinic**. Your trust in our care is a responsibility we take very seriously.

Over the years, we have had the privilege of caring for thousands of patients—from those with spider veins to those with advanced venous disease, including many who continued to struggle despite previous vein treatments. Each patient's journey is unique, and we are grateful for the opportunity to be a part of their story. You can learn more about our patients' experiences at:
AlsaraClinic.com/testimonials

We invite you to take a moment to review this guide and learn more about how your veins work, why vein problems occur, how to recognize the signs, and the modern treatment options available today. With advanced technology and compassionate care, many vein conditions can now be treated safely and effectively right here in our office, with minimal discomfort and little to no downtime—helping your legs continue to carry you toward the experiences, adventures, and memories that make life meaningful.

Life is a beautiful journey. Thank you for allowing us to be a part of yours.

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My Guide to New Legs

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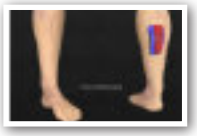

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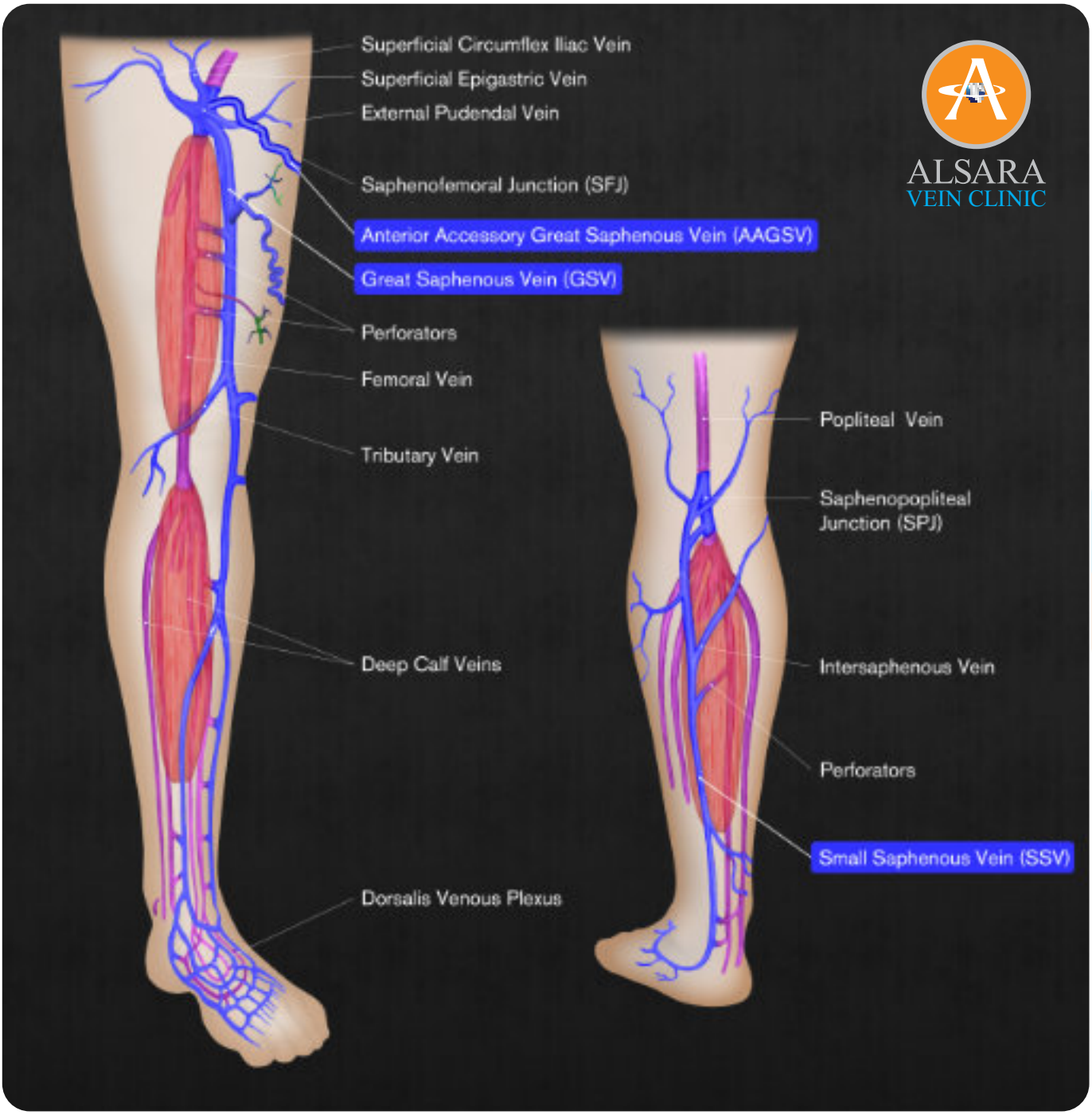
What Are Varicose Veins?

The term ***varicose*** comes from the Latin word "varix" meaning swollen or knotted. Normal blood circulation involves the heart pumping oxygen-rich blood and nutrients through arteries to all parts of your body. It then becomes the responsibility of the veins, or "pipes", to return the de-oxygenated blood and waste products back to your heart to begin the circulatory blood cycle all over again. Leg veins are the veins farthest away from the heart, so not only do they have to work without the force that arteries have, they have to work against the force of gravity on the legs.

Veins are "pipes" that help return blood back to the heart and are equipped with valves to prevent backflow. However, many men and women have genetically weak veins that get worse over time. *Thanks Mom, thanks Dad!*

Risk factors such as standing or sitting for prolonged periods, pregnancies, lifting weights, and age can cause rapid deterioration of already weakened veins. Eventually some veins will fail or become "varicose" (large, twisted veins), causing poor circulation and backflow (pooling of blood in the legs).



How Do I Know If I Have Varicose Veins?

Varicose veins that are close to the skin's surface may be noticeable on the skin; however, the majority of affected veins are located deeper under the skin and can only be visualized with an ultrasound scan.

ICEBERG PHENOMENON

1 SPIDER VEINS

Spider veins are smaller versions of varicose veins that are seen on the surface of the skin and are caused by the same risk factors as the underlying varicose veins. Although spider veins are typically not a health hazard, they may be the "tip of the iceberg".

4 EDEMA

When veins are stretched and enlarged (become varicose), they are too weak to overcome the force of gravity causing the blood to flow backwards and pool in the legs. As the pooling continues throughout the day, the pressure inside the vein walls continues to increase. Eventually, some blood and other fluids can leak out of the vein into the surrounding tissue.

6 HYPERPIGMENTATION

Left untreated, varicose veins cause increased pressure of pooled blood in leg veins. Fluid leaks out of these veins and may result in painful swelling and discoloration of skin known as hyperpigmentation. Inflammation of skin may cause severe itching, burning and redness.

8 LIPODERMATOSCLEROSIS

Continued inflammation of the skin over time causes the skin to become firm and leathery. Patients feel increased tenderness of the skin. The stiffening and hardening of the skin is known as Lipodermatosclerosis.

10 CELLULITIS

Impaired circulation of blood due to diseased leg veins weakens the body's natural defense against infection. Bacteria that are normally present on the skin can invade skin causing skin infection or cellulitis. Antibiotics are needed to treat cellulitis. Left untreated, cellulitis can spread to the lymph nodes and the blood stream.

1 Spider Veins

2 Varicose Veins

Signs and Symptoms

4 Leg Swelling

5 Blood Clots

6 Leg Discoloration

7 Bleedin Veins

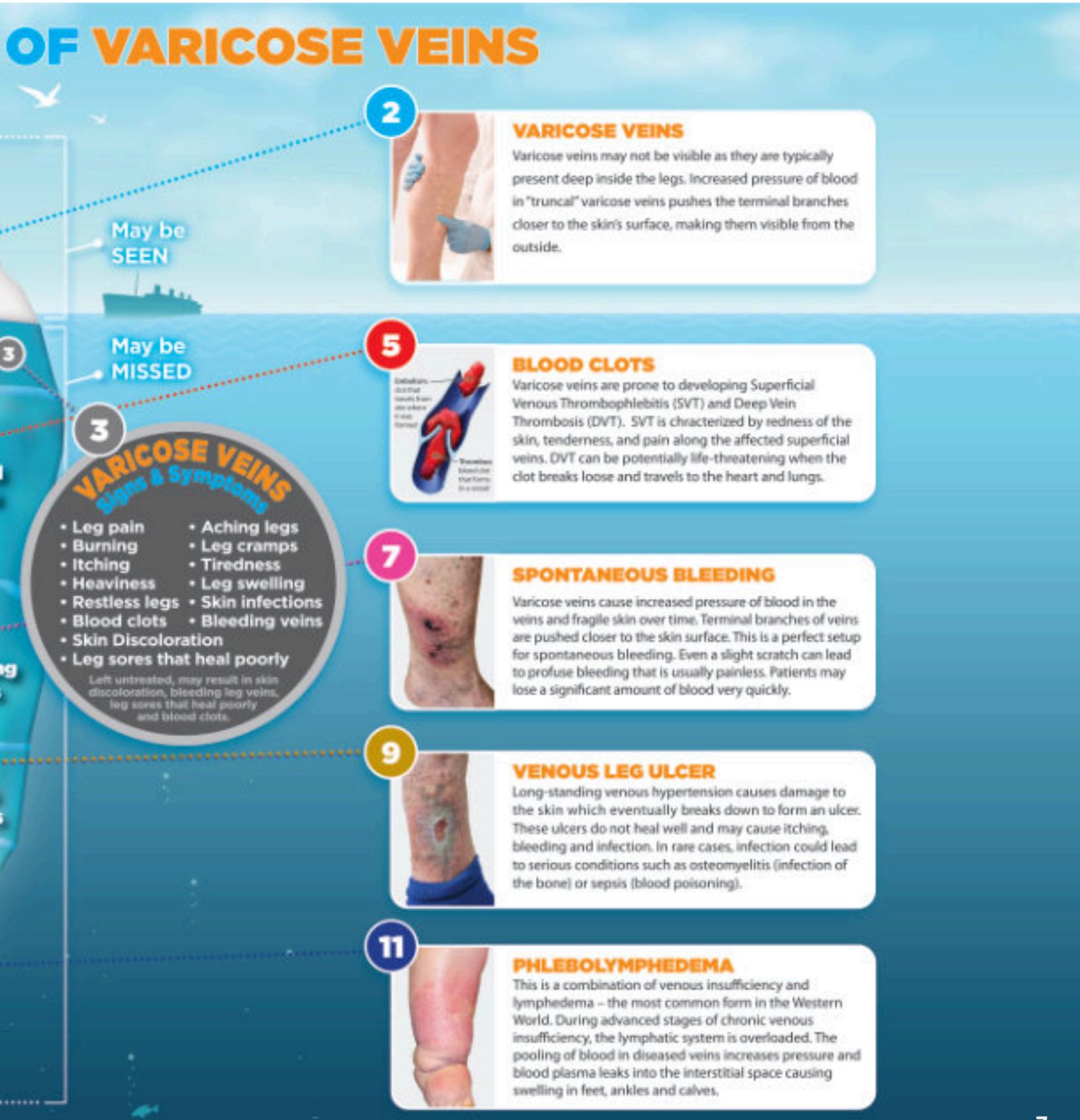
8 Thickening of Skin

9 Sores in Legs

10 Skin Infection

11 Lymphatic Swelling

Varicose veins initially cause symptoms in legs, such as heaviness, aching, tiredness, and restlessness. Gradually, the problems get worse, causing swelling (edema), skin discoloration, sores that heal poorly, bleeding, and blood clots. Your Phlebologist at Alsara Vein Clinic will be able to evaluate your condition and determine what kind of treatment is needed to avoid these potential complications.



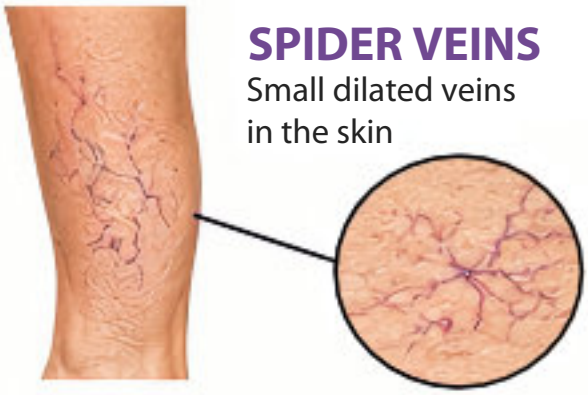
Comparing Leg Vein Problems

Understanding the signifi

HOW PRESSURE SHOWS UP ON THE SURFACE

When pressure builds up in veins deep in the legs, it gets transmitted to the veins closer to the skin surface.

These surface veins enlarge and become visible as:



SPIDER VEINS

Small dilated veins in the skin

VARICOSE VEINS

Ropy, enlarged veins just under the skin

These are the first visible signs that pressure is building up in the "pipes".

PRESSURE TRANSMITTED TO THE WALL

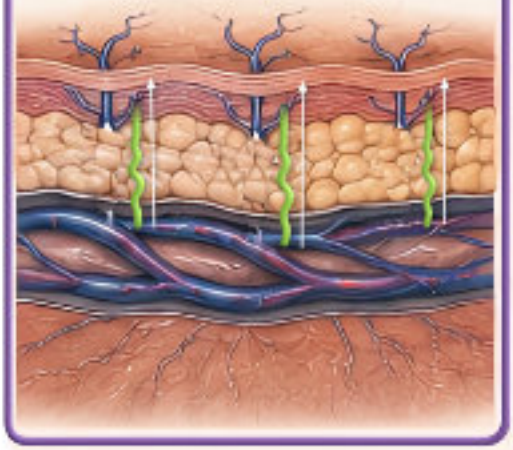
Increased pressure inside the pipe is transmitted to the walls.

WATER POOLING ON THE FLOOR

Water backs up and overflows.

LOOKING INSIDE THE LEGS

Pressure in deeper veins is transmitted to veins near the skin surface.



Edema (Swelling)

Fluid leaks out of the veins and pools in the tissue.

The good news is that these damaged veins are not necessary for normal circulation because healthier veins can take over their function. Modern vein treatments are minimally invasive, safe, and highly effective, with little or no downtime. Treating the underlying

s to a House with Leaky Pipes

cance of leg skin changes

STAINS ON THE WALL

Water leaves stains as it seeps into the wall.

Hyperpigmentation

Iron from breakdown of red blood cells causes brown discoloration of the skin.

MOLD ON THE WALL

Moisture and dampness cause mold and infections.

Cellulitis

Inflammation and infection can occur in damaged tissues.

WATER LEAKING THROUGH WALL

A weak spot in the pipe allows water to leak out.

Bleeding Varicosity

Fragile surface veins can rupture and bleed easily.

CHIPPED/CRACKED WALL

Ongoing damage causes cracks, chips, and breakdown.

Leg Ulcer

Skin breaks down and sores form that are often slow to heal.

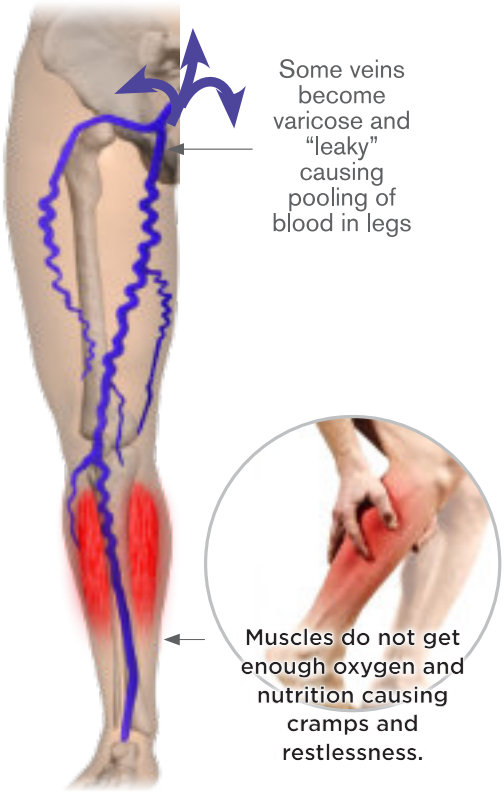
"leaky pipes" may improve symptoms, reduce swelling and skin damage, and help prevent more serious complications such as infections, bleeding, or leg ulcers. **Most insurance plans, including Medicare, typically provide coverage for medically necessary treatment of symptomatic vein disease.**

Leg Cramps and Restless Leg Syndrome

Leg cramps and restless leg syndrome can be among the first symptoms of varicose veins. One study showed that people suffering from varicose veins have a sixty-seven percent higher chance of experiencing cramps than those without. The same study reported that an overwhelming ninety-one percent experienced cramps most frequently in the calf region.*

Healthy veins in the legs collect de-oxygenated blood and return it to the heart and lungs where it is replenished with oxygen and nutrients.

Varicose veins are "leaky pipes" in our legs that allow blood to pool and become stagnant. Due to the continued buildup of pressure from pooling of de-oxygenated blood, muscles in our legs begin to function improperly. This results in muscle cramps and restlessness.



- Since pressure is highest after prolonged sitting or standing due to the force of gravity, leg cramps and restlessness are noticed by patients more often at the end of the day. There can also be other causes of cramps and restlessness in legs.
- However, if varicose veins are the contributing factor, use of medications such as Requip, Mirapex or Quinine may simply mask symptoms of RLS without addressing the underlying cause.
- Supplements, such as magnesium and calcium, may help relax the muscles and may lead one to believe that nutritional supplements alone will rectify the problem
- Unfortunately, the poor blood flow devoid of adequate oxygen remains uncorrected and the underlying disease may evolve into more serious problems such as blood clots, bleeding, infection of skin in the legs and sores that are slow to heal.

Restless Legs Video

Treatment of varicose veins may alleviate the symptoms of RLS. In fact, one study found that ninety-eight percent of patients with RLS and varicose veins noted that the symptoms improved after using sclerotherapy.** Another study reported that eighty-nine percent of patients noticed improvement after endovenous laser ablation and sclerotherapy treatments.***

* Hirai, M, et al., 'Prevalence and characteristics of muscle cramps in patients with varicose veins' Vasa, November 2000, 29(4):269-73

** Dermatol Surg. 1995 Apr;21(4):328-32. The effect of sclerotherapy on restless legs syndrome.

*** Phlebology. 2008;23(3):112-7. doi: 10.1258/phleb.2007.007051. The effect of endovenous laser ablation on restless legs syndrome.

Charles Smith

Patient Ambassador

"I came to Alsara Vein Clinic because I've been having trouble with my legs with terrible, terrible leg cramps. And I went to my Primary [Care Physician] and she set me up to come see Dr. Gupta, and that was the best thing I've ever had done for me. He is just a fantastic doctor.

I've had leg cramps for 30 years. And I'd get out and try and do something and I'd have to stop because my legs hurt so bad I couldn't stand to walk. I got to where I couldn't stand to sit. It was just awful.

The cramping felt just… it was something you could hardly stand. It was like somebody putting your leg in a vice and squeezing. And that's how bad it was. When I came to Dr. Gupta, he took care of that, and since then, I have not had one leg cramp at all, and it's just fantastic.

Well, my first impression was it's a nice building, it's clean, and that's a plus. I've been to a lot of doctor's offices before where you just feel out of place; you don't want to go there. But this is just totally opposite. It's like being at home. The staff's fantastic. As soon as you walk through the door, they're there to greet you, and treat you like you're a normal person. I've went to a lot of doctors where, you know, you just go in, you sit down, you get stuck in a corner and you sit there and wait for and hour before they call on you. So the staff is just fantastic here.

When I first met Dr. Gupta, I can tell instantly whether I like somebody, whether I can trust somebody, and I knew at that instant he was a good person and he was good doctor. He is somebody, you know, you like being around, and I think he'd be a good friend, too.

Well, when I first come here, I really didn't know what I was looking forward to because I've never been to a place like this before. But after comin' and listening to everybody here – the staff and the doctor – I knew I was in good hands and something was gonna be done to help me.

Oh, I couldn't wait until they'd done the surgery. It was just something, you know, I knew was gonna help me. And after seeing the doctor, I knew it was gonna do something.

The treatments didn't hurt at all. There's just a little pressure and that's it. There was no pain whatsoever. And I've had both legs done. My legs feel like I've got new legs! I don't have any leg cramps anymore. I can walk better. So it's really improved a 100%. Oh, it's made me to where I can get up out of bed. I can get out and walk. I can't mow yet, but, you know, I'm doing things that I haven't been able to do for 30 years, and that really inspires me. This is just a great place."

"My legs feel like I've got new legs!"

Charles Smith
Patient Ambassador

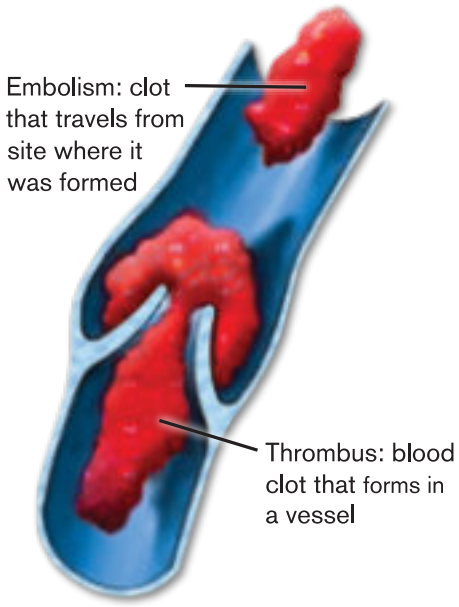
Testimonial Video

Can Varicose Veins Lead to Clots?

Varicose veins are diseased veins with weakened walls that fail and cause pooling of blood in the legs. Patients with varicose veins are known to have increased levels of inflammatory and pro-thrombotic markers. These patients have a considerably higher risk of forming blood clots in the legs.

The association between varicose veins and deep vein thrombosis (DVT) was demonstrated in a landmark study published in the Journal of the American Medical Association (JAMA). Researchers reported that patients with varicose veins have over a 5 times greater risk of developing DVT. They also found a considerably higher risk of pulmonary embolism (PE) - a clot that travels to the lungs - and peripheral arterial disease (PAD) in patients with varicose veins.

Blood Clots



"I developed a blood clot. I've had two vein strippings. 10 years later, I still had problems, and that's when I saw Dr. Gupta. I've had fantastic results, feel so much better."

Amy Hallquist • Patient Ambassador

Blood Clots Video

Venous Thromboembolism

(Blood Clots)

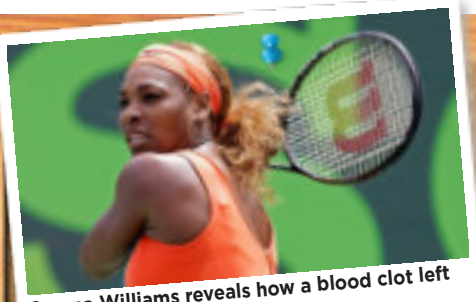
- Sudden Death is the first symptom in 25% of people who have a PE.
- One-third (about 33%) of people with DVT/PE will have a recurrence within ten years.
- 10%–30% of people will die within one month of diagnosis.

Source: cdc.gov

Key Facts You Should Know

- **Varicose veins increase the risk of deep vein thrombosis (DVT) by five times.**
- **DVT is a clot in the legs, which can lead to serious complications if untreated.**
- **Varicose veins make people twice as likely to develop a pulmonary embolism (PE).**
- **PE is a clot that travels to the lungs and can be life-threatening.**
- **Varicose veins double the risk of peripheral arterial disease (PAD), which reduces blood flow.**

Blood Clots

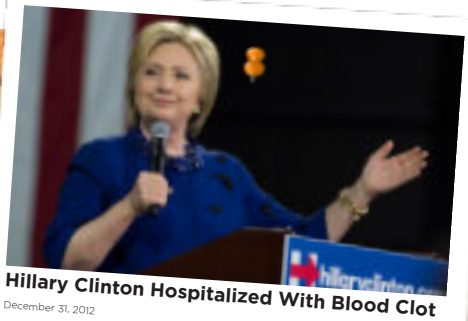


Serena Williams reveals how a blood clot left her 'on my deathbed'

June 14, 2011

- Williams plays first match since life-threatening condition
- Wimbledon champion 'so happy to be back' after 12 months out

They told me I had several **blood clots** in both lungs.



Hillary Clinton Hospitalized With Blood Clot

December 31, 2012

Secretary of State Hillary Clinton was admitted late Sunday to a hospital in New York City after doctors discovered a **blood clot** linked to a concussion she suffered earlier this month, a State Department spokesman said.

7 NBA Players Who Had Near Death Experiences

October 14, 2015

After his 2015 calf surgery, a **blood clot** made its way into Chris Bosh's lungs and blocked an artery – a condition known as pulmonary embolism, which took the life of the 52-year-old former Blazers forward Jerome Kersey just days before Bosh himself was diagnosed.

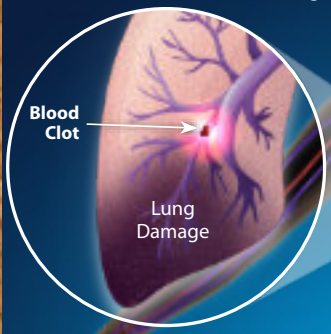
Melanie Bloom's Lifesaving Mission

March 20, 2012

Melanie Bloom's husband was the late NBC correspondent David Bloom, who was killed in the Iraq War in 2003. But it wasn't a bomb that killed him. Bloom died from a pulmonary embolism, also known as deep vein thrombosis (DVT): a **blood clot** that moved from his leg to his lung. Melanie is now a spokesperson for the Coalition to Prevent Deep Vein Thrombosis.

Varicose Veins and Blood Clots

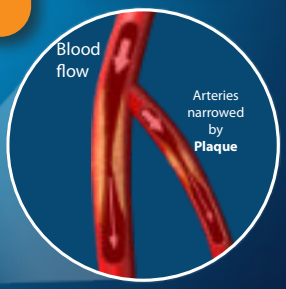
Pulmonary Embolism (PE)
Blood clot travels through the heart and blocks a blood vessel in the lung

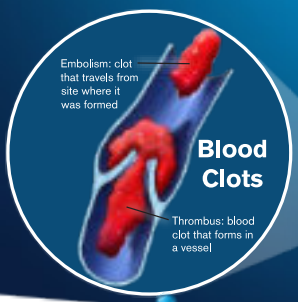


People with Varicose Veins

- **5X higher risk of DVT** (Deep Vein Thrombosis)
- **1.7X higher risk of PE** (Pulmonary Embolism)

Peripheral Arterial Disease (PAD)





World Thrombosis Day • Oct. 13th

EYES OPEN TO THROMBOSIS

On average, one American dies of a blood clot every 6 minutes.

It's a startling fact that up to 900,000 people in the United States alone are affected by blood clots each year; about 100,000 of those people will die, which is greater than the total number of people who lose their lives each year to AIDS, breast cancer, and motor vehicle accidents combined.

Source:
www.WorldThrombosisDay.org/issue/thrombosis

She's Having Half Her Leg Amputated

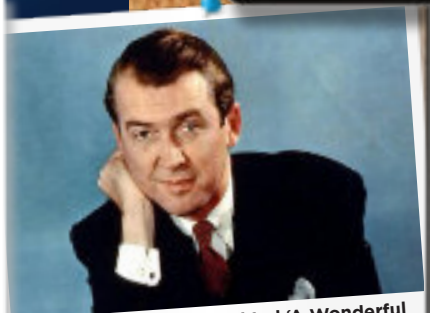
January 3, 2011

Zsa Zsa Gabor's husband said he is rushing Zsa Zsa to the hospital because the blood clot in her leg has spread so much, half her leg needs to be amputated. Doctors said that if he didn't take her in today, she would lose her life. She complained of pain and swelling in her legs. That's when doctors discovered the "massive **blood clot**."

Regis to undergo surgery to remove a blood clot

May 14, 2010

Talk show host Regis Philbin announced on his show "Live! with Regis and Kelly" that he will undergo surgery on Tuesday to remove a **blood clot** in calf. Philbin, 78, reported that he was having pain in that leg with walking.



Jimmy Stewart leaves behind 'A Wonderful Life' with death at 89

May 19, 2016

The Oscar-winning actor and real-life war hero was 89. He died at his Beverly Hills, Calif. home from a **blood clot** in his lungs, his family said.

Ron Steele

Patient Ambassador

"I had some awful, painful legs. I had circulation not going through my veins, had blockages in the veins. Cause I had this done once before - didn't work. I went through the old way, don't want it.

Couldn't ride in a car for very long. I had to get out, my leg was heavy. I had to get out of bed and lift my legs. Then I had to stand there a bit so I could get 'em motivatin'.

And not anymore. I slept good last night - couldn't believe it. This laser's great. I can sit in a boat now. I don't have to stand up all the time. I can sit down and relax, fish and mushroom hunt. Just excited I got my legs back. Cause it was gettin' where they gonna take 'em off.

This place is just awesome. He's [Dr. Gupta] a great doctor. I'd recommend him to anybody.

Ain't no wheel chair for me!"

"He saved my legs."

Ron Steele
Patient Ambassador

Testimonial Video

Ulcers

Venous disease in legs is the most common cause of leg ulceration. It has been reported that more than 70% of leg ulcers are a result of venous insufficiency in legs. Ulcers are open skin sores that are typically present in the lower calves and ankles where the pressure of blood in the veins is increased.

The continued high pressure of blood in diseased veins of the legs causes swelling (edema), when fluid leaks out from the veins into surrounding tissue. Pooling (stasis) of blood in the legs affects the skin and appears as hyperpigmentation (discoloration of skin due to deposition of iron pigments) followed by induration (thickening of the skin) and dermal fibrosis (scar tissue).

The final stages of chronic venous insufficiency are related to the breakdown of skin and formation of poorly healing leg ulcers. There is a higher risk of local skin infection (cellulitis), sepsis (blood poisoning) and osteomyelitis (infection of the bone). These ulcers are typically painless unless there is an infection in addition to the leg ulcer or physical irritation that can cause pain.

Fortunately, proper diagnosis and early treatment using Endovenous Ablation has resulted in faster healing of venous leg ulcers and has reduced the chance of recurrence.

Another Smile Restored!

Patient: D.R.

What made you chose us? A nurse practitioner's recommendation

What symptoms were you experiencing? Swelling in lower legs, wounds that would not heal.

How were you affected by your legs previously? Legs had been swollen for years, couldn't walk much; skin so tight I couldn't move knees or ankles.

What has changed after treatment? Swelling & sores gone, wounds healed, able to bend knees & flex ankles – walking better.

What did you appreciate? Everyone at Alsara Vein Clinic put us at ease from the start, very helpful. We *loved* the casual professionalism and witty banter because we knew/felt deep down you really wanted to help.

What makes us different than other medical clinics? No stuffy robotic atmosphere. You treated us like people, not numbers.

Ulcers

Venous leg ulcers are the most severe manifestations of chronic venous disease.

Early treatments such as VenaSeal™ or EVLA (endovenous laser ablation) facilitates rapid healing of venous leg ulcers and reduces recurrence.

Leg Ulcer Info

Say Goodbye Vein, with No Pain!

Beautiful, healthy, and pain-free legs may have been a dream in the past, but now they are a reality thanks to the advances in medicine and technology. Treatments are very safe, effective, and require no downtime.

Unfortunately, many patients miss this opportunity due to the fear of pain and anxiety.

It is often reasonable to fear pain with a medical procedure, however, the treatments at **Alsara Vein Clinic** are as comfortable as possible. Many of our patients have graciously shared in their testimonials attesting to that. We go to extreme lengths to make sure that the entire process is comfortable and as pain-free as possible.

We offer an in-office anesthetic, **nitrous oxide** (laughing gas).

Alsara Vein Clinic offers **nitrous oxide** (laughing gas) to help take the edge off of a patient's anxiety, helping him or her to relax through the procedure.

Nitrous oxide is the oldest, safest, and most fast-acting sedating agent available. It has been used for centuries and is currently used by over one-third of all dental practices.

Patients experience a sense of well-being, feel more relaxed, and are less responsive to any discomfort.

Needleless Numbing

For those of us that are needle-phobic (and who isn't), **Alsara Vein Clinic** offers the breakthrough needle-free numbing system. Instead of a needle, a pressurized numbing medication is injected through the pores using gas pressure.

The **J-Tip™** is a U.S. FDA cleared, sterile, subcutaneous jet injector for use with lidocaine and is designed to deliver local anesthesia completely needle-free.

For our needle-phobic patients, we have the revolutionary **J-Tip™** that uses forced air to deliver numbing medicine without the use of needles. You will still be alert enough to enjoy a lollipop and be able to drive yourself back home after the procedure.

Benefits:

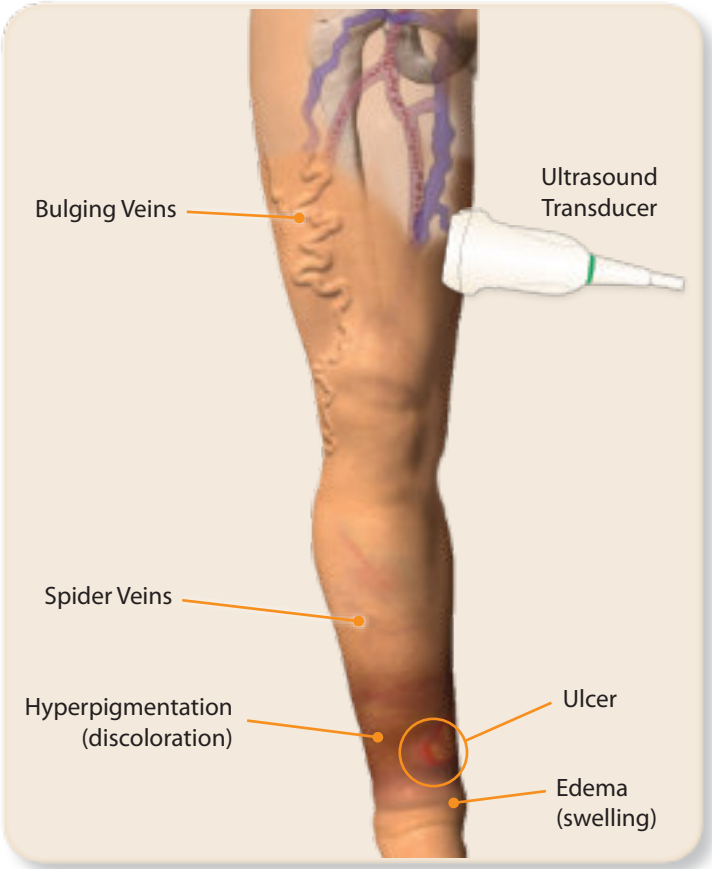
- ✓ Quick and Easy
- ✓ Virtually Pain-Free
- ✓ Needle-Free
- ✓ Improves Patient Satisfaction

How Are Varicose Veins Diagnosed?

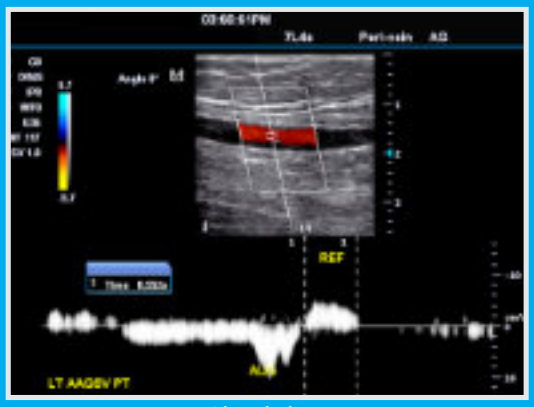
Varicose veins that are close to the surface of the skin may be noticeable from the outside. However, the majority of affected veins are located "deeper" in the venous system and can only be seen with the help of ultrasound. Varicose veins can cause symptoms such as heaviness, aching, tiredness, burning, itching, leg cramps, leg inflammation and restlessness. Gradually, the problem gets worse causing swelling, skin discoloration, ulcers that heal poorly, and may result in bleeding and blood clots.

Leg problems don't wait—why should you? If you are experiencing symptoms of varicose veins or venous insufficiency, we encourage you to schedule a consultation with our board-certified phlebologist. During your visit, we perform a thorough evaluation, including a visual exam, symptom review, and a targeted, pain-free duplex ultrasound to better understand your condition. If treatment is recommended, a detailed ultrasound mapping may be scheduled to assess your unique vein anatomy and affected areas.

This comfortable, in-office test is typically reviewed with you the same day. We also conduct a comprehensive physical exam and review your medical history to ensure that any recommended treatment is both safe and effective. Based on your evaluation, we will discuss the best options and develop a personalized treatment plan—because every patient is different and deserves individualized care.



Ultrasound of a Varicose Vein



Blood Flow

Diameter

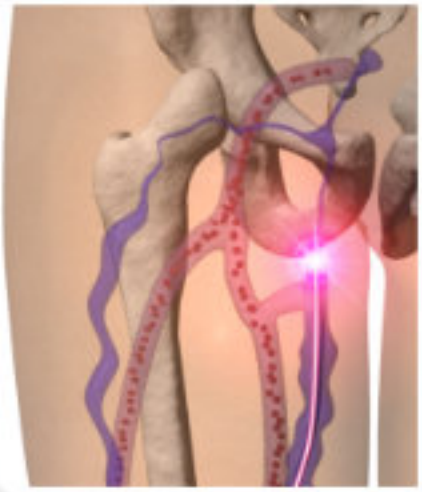
Treatment Of Varicose Veins

Fortunately, the days of painful vein stripping are over. Now, the treatments available are much safer, more effective and patients are able to resume activities right away. Early varicose vein treatment often prevents the symptoms from worsening and, of course, diminishes the unsightly appearance. A combination of minimally invasive treatments is usually recommended in order to ensure the immediate and long-term results.

After the veins have been treated, the diseased veins collapse and are gradually absorbed by the body while blood flow continues through the healthy veins in the legs.

Alsara Vein Clinic offers the latest technology in equipment, staff support, and techniques to ensure the safest and best possible outcome for varicose vein treatment

Endovenous Laser Ablation (EVLA)



EVLA (**Endovenous Laser Ablation**) is a minimally invasive varicose vein treatment that offers an effective alternative to the surgical stripping of veins. EVLA is a procedure that uses laser energy to close the problem veins at their source.

LASER TREATMENT
Watch the treatment video:

Sclerotherapy

UGS (**Ultrasound Guided Sclerotherapy**) is a simple yet effective procedure in which a special medication (sclerosant) is injected into diseased veins under ultrasound guidance.

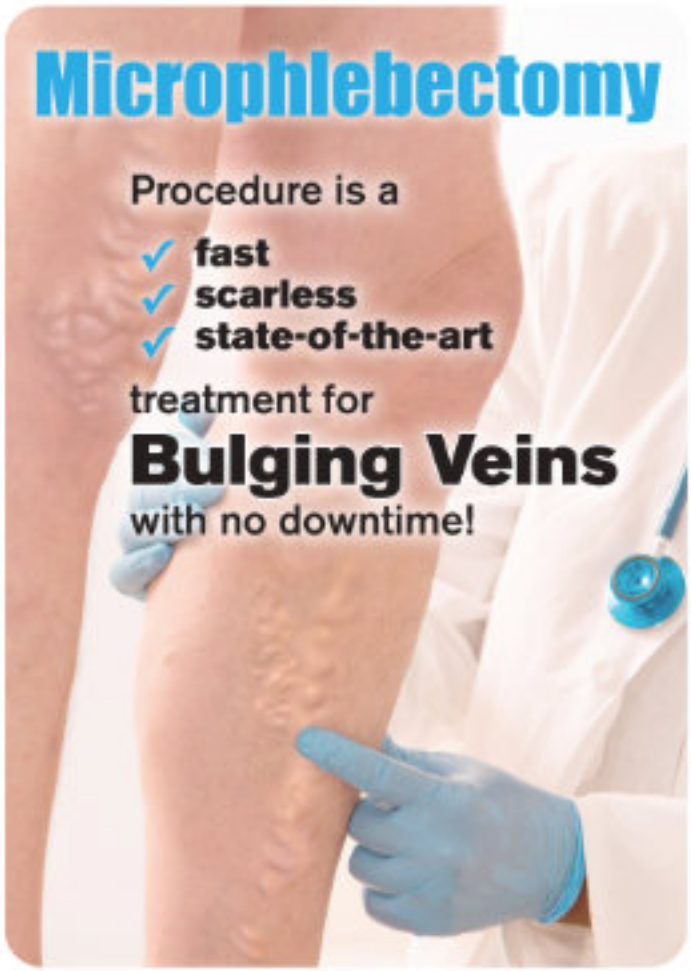
The medication closes the targeted veins, which gradually turn into scar tissue and are eventually absorbed by the body, while blood is naturally redirected through healthy veins.

VenaSeal™

VenaSeal™ is a revolutionary FDA-approved medical adhesive used to treat varicose veins. This non-thermal procedure seals the diseased vein with a small amount of medical-grade adhesive, allowing blood to reroute through nearby healthy veins.

VenaSeal Video

Microphlebectomy



Microphlebectomy (scarless vein removal) is a procedure performed for the removal of superficial veins that are enlarged and bulging on the skin's surface. This minimally invasive treatment requires no stitches and little to no scarring.

This minimally invasive treatment requires no stiches and little to no scarring.

Learn More:

Bulging Veins

Varicose Veins Gone in One Hour

Quick. Minimally Invasive. Life-Changing.

What are varicose veins?

Large bulging veins that appear on the skin's surface as ropey veins are usally branches of a deeper saphenous veins inside the leg. When the deeper "source" vein, such as the Great Saphenous Vein, is diseased, it must firsy be treated.

How are ropy (visible) varicose veins treated?

The deeper diseased vein is first treated using thermal ablation, such as Endovenous Laser Ablation (EVLA) or VenaSeal™.

Any remaining varicosities that are closer to the surface of the skin were then typically sealed from the inside by injecting a medication called sclerosant or removed by a procedure known as phlebectomy.

Two-State-of-the-Art Options to Clear Unwanted Veins

Microphlebectomy

Using very fine instruments, sections of unwanted veins are carefully removed through tiny openings—no stitches needed and minimal risk of scarring.

VenaSeal™ Closure

The FDA-approved VenaSeal™ system uses a medical-grade cyanoacrylate adhesive that seals the diseased vein from the inside. Once sealed, the diseased vein is gradually absorbed by the body.

Get rid of unwanted ropy veins in just One hour while you relax in comfortable shorts we provide! Your Vein Specialist will help you decide if these or other treatments would be suitable for you.

VenaSeal™ Treatment

Performed at Alsara Vein Clinic on Sep. 9, 2020

Safe, Effective, and Back to Life—Fast!

Why Patients Love It

- Treated in about one hour
- Minimally invasive with little to no downtime
- No sutures (stitches)
- Minimal discomfort
- Walk in, walk out
- Get back to what you love!

Is treatment of visible varicose veins covered by insurance?

Insurers including Medicare offer coverage for the treatment of symptomatic varicose veins.

If you do not have symptoms or do not have insurance, you can still get rid of the unwanted veins. Please ask our staff member for a quote.

Patrice Ruch

Patient Ambassador

"I was having some pain in my legs, some heaviness, just really not feeling good about even how my leg looked. I had a great recommendation from a friend of mine and decided to fly up from Texas to see Dr. Gupta and his staff. Walking in definitely it was very warm and welcoming. It was very state-of-the-art, felt very welcomed here, felt really like I could tell them anything.

[Varicose and spider veins] was something I had dealt with for years. My mother actually had varicose veins and I really didn't understand that that was a hereditary issue. So he [Dr. Gupta] really helped me realize, I can do something about this, and really feel like I can work out and walk and feel good afterwards instead of, just laying on the couch for the rest of the evening because my leg didn't feel good.

[The treatment] was painless. They sat and chatted with me through it. I didn't even know it had really started because I was laying on the bed, and then it was over. I was able to get back up and go about my day the rest of the day. So hardly any recovery time. It was great.

It really has impacted my life. My husband and I travel quite a bit, I walk six to eight miles-a-day, I hit the gym almost every day, and now I feel like I can do that without any pain. I have to admit, too, varicose veins on my left leg, they were unsightly, and I wear a lot of shorts. I live in Texas and we wear a lot of swim suits and we travel, so just knowing I have confidence that I can feel my best and look my best, and I have to thank Dr. Gupta and his staff for that. It really has improved my life quite a bit."

"I have the confidence that I feel my best and look my best."

Patrice Ruch
Patient Ambassador

Testimonial Video

Kristal Cole

Patient Ambassador

"I work a lot of hours. I'm on my feet constantly, all day long [...] on the concrete, coming home at night, restless leg syndrome; couldn't sleep, always kicking. Long car rides, short car rides—I couldn't sit still because it was just unbearable. But, now, it's been like a total game-changer. Oh, like the heaviness, the achiness – it's *so* much better now. From the beginning to the end, everything's been great. You have a great staff; just very kind, willing to work with you. Your scheduling, everything, was just fantastic.

Nervous at first, 'cause you don't know what you're going in to and if it's going to help. But everything was just like you guys put me at ease. You explained everything. Dr. Gupta explained everything detail-to-detail, like, *'the plumbing and how it works'*—and I just love that part about it. Everything was a great experience, and I'm still looking forward to getting cosmetic [treatment] from you guys, so that's my next step.

[Now], I can go on long care rides without it bothering me. I can work a little bit longer hours without being totally exhausted and my legs aching and killing me. I go home, I'm, like, able to do things at home for a couple hours, and then sit down and relax. I'm more jovial now. When you're in a lot of pain, you're just, like, on edge sometimes. You don't feel good. But it's really changed my attitude. I'm more happier now. I'm not in a lot of pain. I feel like I used to, like, ten years ago. I should have had it done ten years ago – ha, ha, ha! I thought, 'I'm too young for this!' But, yeah, it's been a blessing. It's been great.

[Dr. Gupta], he's great. He's so caring. He explains everything detail-to-detail, and if he says it once he'll tell you again. He'll just explain it, explain it, until you understand what's going on. He'll walk you right through it.

"It's been a total game-changer. It's so much better now."

You guys have a great staff; very great, very caring. You guys were very friendly; a very clean environment; all around great experience; very professional. I've told people at work, like, some of the girls have the same problems. I'm, like, *'I guarantee you'll be, like, happy and it will be worth it.'* I would absolutely recommend you guys.

I appreciated the cards that you guys sent me, like when I lost my daughter, and stuff like that, that was very kind-hearted. I did not expect that, so, you guys are great to work with and be around. And you feel that when you come in, like, you feel like you are part of, like, the community. You are good people. I'm glad I found you guys!"

Kristal Cole
Patient Ambassador

Testimonial Video

How are Spider Veins Treated?

Spider veins are the smaller versions of varicose veins caused by the same risk factors as underlying varicose veins. Based on the size of the surface veins (commonly referred to as "**spider veins**"), veins may be **bluish** in color (venulectasia), **green** (reticular veins) or **red / purple** (telangiectasia).

Spider Vein Video

Our Comprehensive Treatment Approach

At Alsara Vein Clinic, we have almost every treatment option available for spider veins. Our proven, step-by-step approach delivers **optimal, long-lasting results**.

1. **DETECT THE SOURCE**
We begin with an ultrasound scan to identify any "feeder" veins beneath the skin's surface.

2. **CLOSE THE FEEDER VEINS**
If present, we use Ultrasound Guided Sclerotherapy to close the entire cluster of spider veins at its source (beneath the skin that is otherwise not visible from the outside).

3. **TREAT SURFACE VEINS**
Any remaining surface veins are treated using Injection Sclerotherapy (the Gold Standard) by injecting medication (Sclerosant) directly into the affected surface veins.

4. **TARGET REMAINING VEINS**
We use Ohmic Thermolysis or Surface Laser for any remaining veins that are not suitable for sclerotherapy due to their size or location (near the ankle or foot). These modalities use a spectrum of light that targets spider veins from the outside and closes them by heating the hemoglobin within the affected veins.

When Veins Are Too Large For Other Treatments

Occasionally, veins near the surface of the skin are too large to treat with sclerotherapy and not small enough to treat with Ohmic Thermolysis or Surface Laser.

In these cases, we perform a **Microphlebectomy** - a minimally invasive treatment to remove larger surface veins including varicose veins that appear on the skin's surface.

- Not to be confused with surgical vein stripping (which is much more invasive and was traditionally used for larger, deeper veins).
- Performed under local anesthesia for your comfort.
- Using tiny instruments, unwanted bulging veins are gently removed through minuscule openings, usually without sutures and with minimal to no scarring.
- You can resume normal activities quickly and are immediately rid of the unsightly veins.

Our Promise To You

SAFE & EFFECTIVE
We go to extreme lengths to ensure your treatments are safe and effective.

COMFORT FIRST
Your comfort matters. We use the finest instruments and techniques to make treatments as painless as possible.

GET BACK TO LIFE
Quick recovery so you can return to your daily activities without delay.

ALSARA
VEIN CLINIC

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