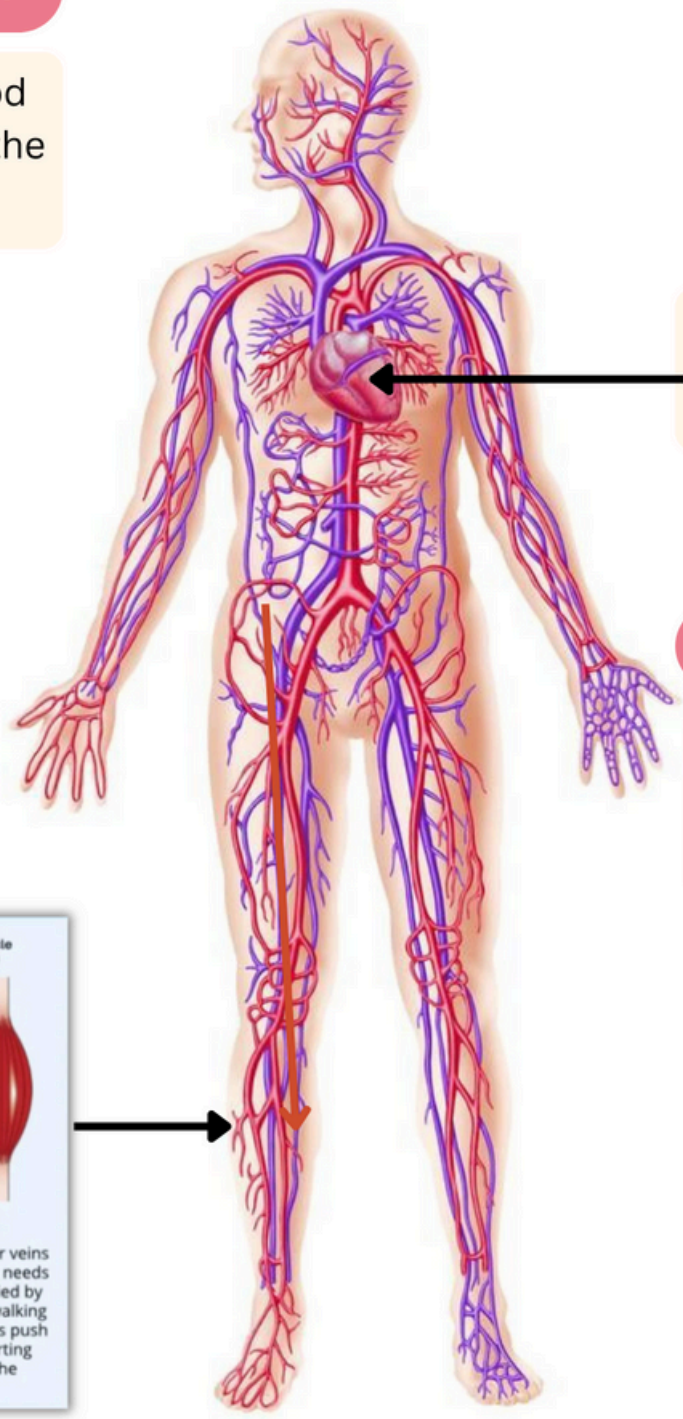
Normal Blood Circulation

FROM THE HEART

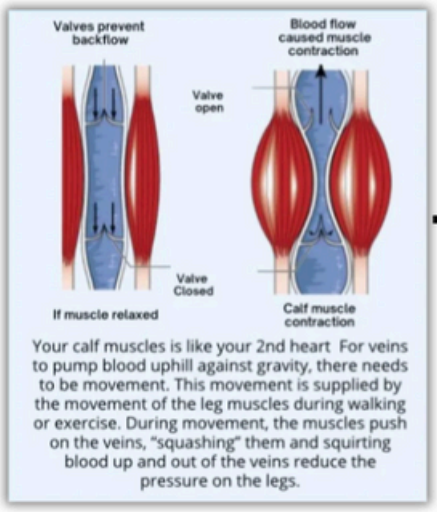
Arteries carry blood from the heart to the rest of the body



Heart pumps blood to the rest of the body

TOWARD THE HEART

Veins carry blood from the rest of the body to the heart



Your calf muscles is like your 2nd heart For veins to pump blood uphill against gravity, there needs to be movement. This movement is supplied by the movement of the leg muscles during walking or exercise. During movement, the muscles push on the veins, "squashing" them and squirting blood up and out of the veins reduce the pressure on the legs.

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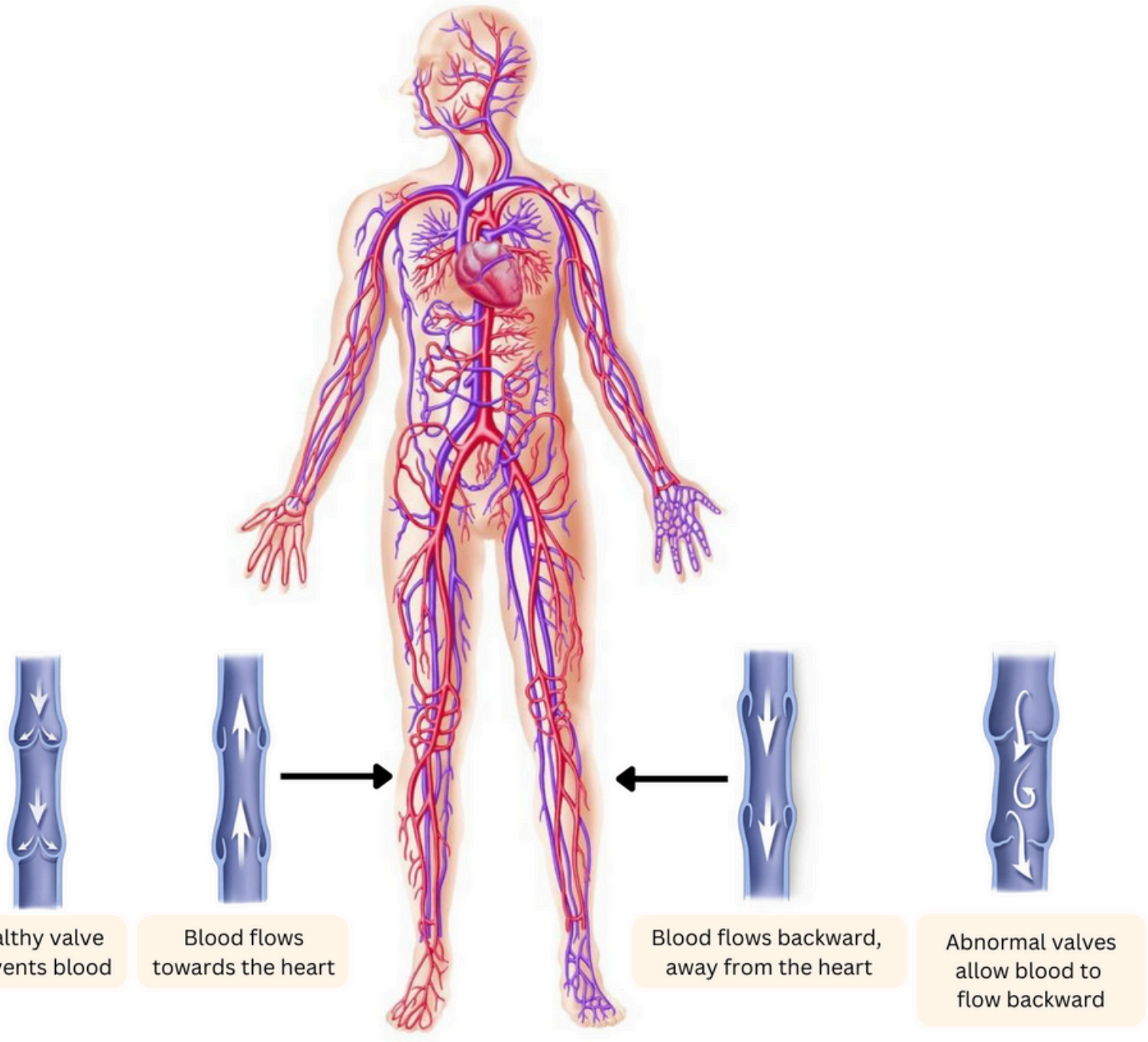
Abnormal Blood Circulation

It can occur anywhere in the body, such as the arms or around the anus, where conditions like hemorrhoids (commonly known as piles) can develop. Today, however, we will focus specifically on the legs.



Veins carry blood from the rest of the body toward the heart

Arteries carry blood from the heart to the rest of the body

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Blood flow impairment is progressive if left untreated

1

Healthy Leg

2

Spider Vein (C1)

3

Varicose Vein (C2)

4

Swelling (C3)

5

Skin Changes (C4)

6

Heal Ulcer (C5)

7

Venous Stasis Ulcer (C6)

WHERE DO YOU THINK YOU ARE ON THIS ROAD?

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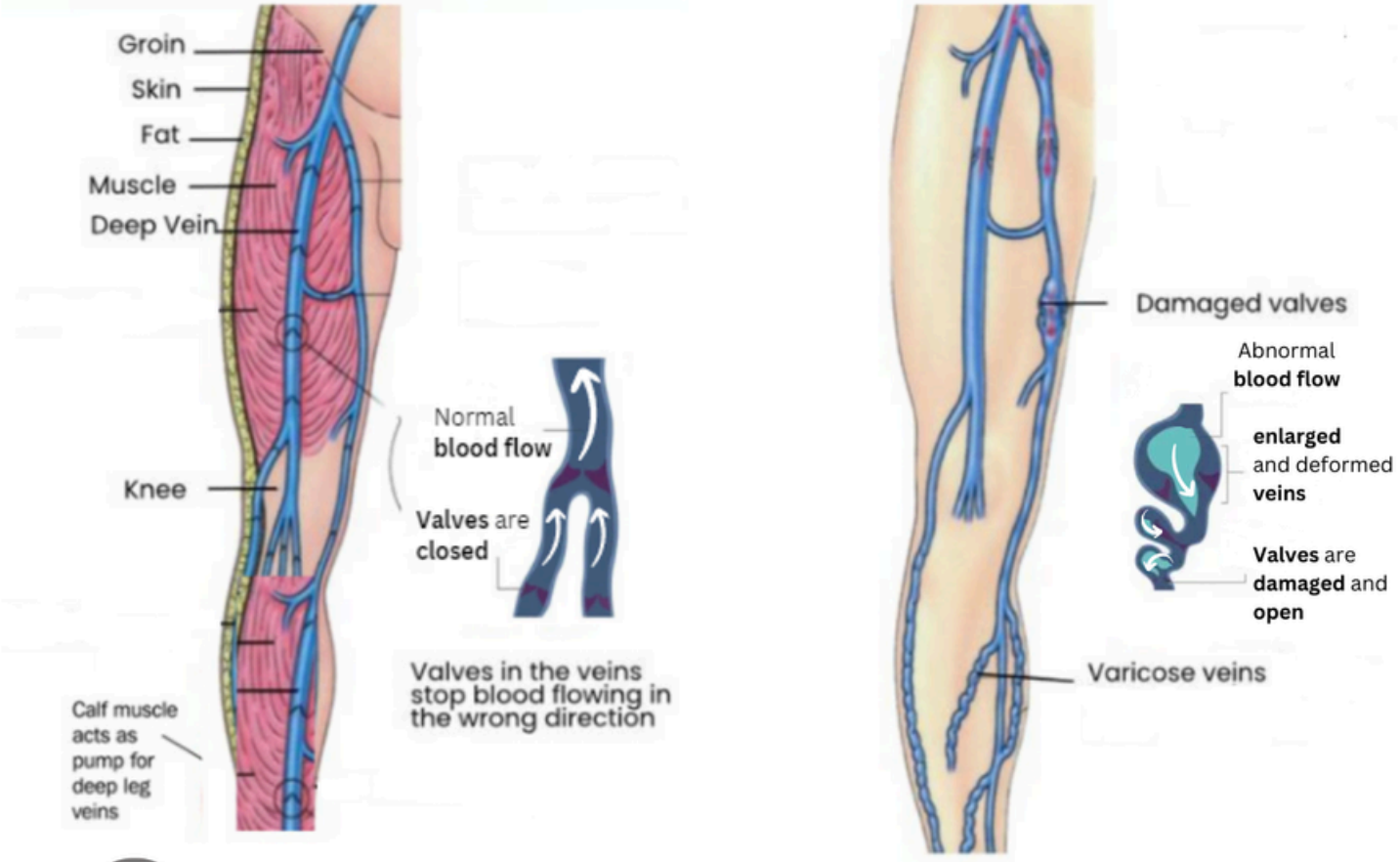
Chronic Venous Insufficiency In The Legs

Chronic Venous Insufficiency (CVI) is a condition in which the veins in your legs have difficulty sending blood back to your heart. This can happen due to weakened veins or damaged valves in the veins. It's not just one single issue; instead, it involves a range of symptoms that can develop over time and can differ from person to person. Varicose veins are often a sign of this condition, as they indicate that the veins are not working properly.



The symptoms of this condition are not always visible

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CHRONIC VENOUS INSUFFICIENCY

RISKS

Sometimes, CVI can develop without any obvious reason. Not all the risks and causes of Chronic Venous Insufficiency (CVI) are always known, and each person's risk factors and causes can be different.

While we understand that the following factors can contribute to the condition, there may be other underlying issues that aren't immediately clear. Seeking medical help from a vascular surgeon can be very beneficial.

FAMILY HISTORY

STANDING FOR LONG TIME OF PERIOD

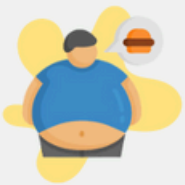
PEOPLE WHO ARE BORN FEMALE

MULITPLE PREGNANCIES

HEAVY LIFTING

AGE

BEING LESS PHISICAL ACTIVE



CARRYING EXCESS WEIGHT

INJURY OR TRAUMA

HIGH SALT INTAKE

SMOKING

PREVIOUS BLOOD CLOTS (DVT)

Vascular Surgery

THE ART OF ENHANCING BLOOD CIRCULATION: EMPOWERING LIFE

Vascular surgeons are highly trained in the complex network of blood vessels that spans approximately 60,000 miles throughout your body. They diagnose and address the root causes of vein issues, which can include deep vein thrombosis (DVT), lymphedema, lipedema, restless legs syndrome, peripheral artery disease (PAD), hormonal changes, vein malformations or tumors, genetic absence of vein valves, damaged vein valves, loss of vein elasticity, varicose veins, and issues related to veins in the arms or face.

They use a thorough diagnostic process, including listening to patient histories, conducting manual examinations, and employing duplex ultrasound. Duplex ultrasound is a non-invasive and painless procedure that provides a detailed map of your veins, helping to create a personalized treatment plan to address the specific causes of your vein issues.

Vascular surgeons not only focus on treating the current issue but also on long-term outcomes. They are skilled at spotting risks that might cause future problems and taking action to prevent them.

Just because they are called surgeons doesn't mean they only perform surgery; it is often the last resort. Vascular surgeons prioritize self-care, lifestyle changes, and compression therapy as initial treatments.

Utilizing advanced, minimally invasive techniques, they offer treatments that reduce recovery time and infection risk. Beyond surgery, they are committed to comprehensive patient care and health education, providing ongoing support to enhance your quality of life and ensure long-term health.

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Diagnosis Involves Determining The Root Cause

In addition to a complete medical history and physical exam, diagnostic procedures for varicose veins may include:

- Duplex ultrasound. A type of vascular ultrasound done to check blood flow and the structure of the leg veins. Duplex means two types of ultrasound are used.

NOTICE:

- Please Beware of the long wait and let us know on the day you have it done.

NON-SURGICAL REMEDIES

Self-Care

Chronic Venous Insufficiency (CVI) is generally not considered curable, but it is manageable. While treatments can significantly alleviate symptoms and improve quality of life, they may not completely eliminate the condition. Options such as lifestyle changes, compression therapy, medications, and surgical procedures can help manage symptoms and prevent complications. Regular follow-ups with a healthcare provider are important for monitoring and adjusting treatment as needed. Chronic Venous Insufficiency (CVI) is treatable. There are several options, as depicted in the table below, to help manage symptoms and improve blood flow.

Wear Compression Socks

Use medical-grade compression socks as prescribed to improve blood flow and reduce leg swelling.

Walking or Cycling

Engage in low-impact activities like walking or cycling to strengthen leg muscles and support blood flow.

Stay Hydrated

Drink plenty of water to ensure smooth blood flow and prevent clotting or swelling.

Elevate Your Legs

Raise your legs 15-30 cm above your heart to reduce pressure on your veins. Use a stool or pillows for support.

Avoid Prolonged Sitting or Standing

Take breaks to move around if sitting or standing for long periods to prevent blood pooling in the legs.

Low-Salt Diet

Reduce salt intake to prevent water retention and reduce leg swelling.

Elevate Your Feet While Sitting

Use a stool or stack of books to raise your feet while sitting to encourage better circulation.

Take Breaks During Long Travel

On long flights or car rides, stretch or walk to improve circulation and reduce the risk of blood pooling.

Avoid High Heels

Choose flat shoes to help calf muscles work efficiently and improve circulation.

Wear Comfortable Clothing

Avoid tight clothes around your waist and legs to prevent restricted blood flow.

Massage Therapy

Gently massage your legs to stimulate circulation and reduce swelling.

Stop Smoking

Smoking damages blood vessels and impairs circulation, so quitting can significantly improve vein health.

Leg Exercises

Regularly move your legs (e.g., foot flexes, calf raises) to improve circulation, especially when sitting.

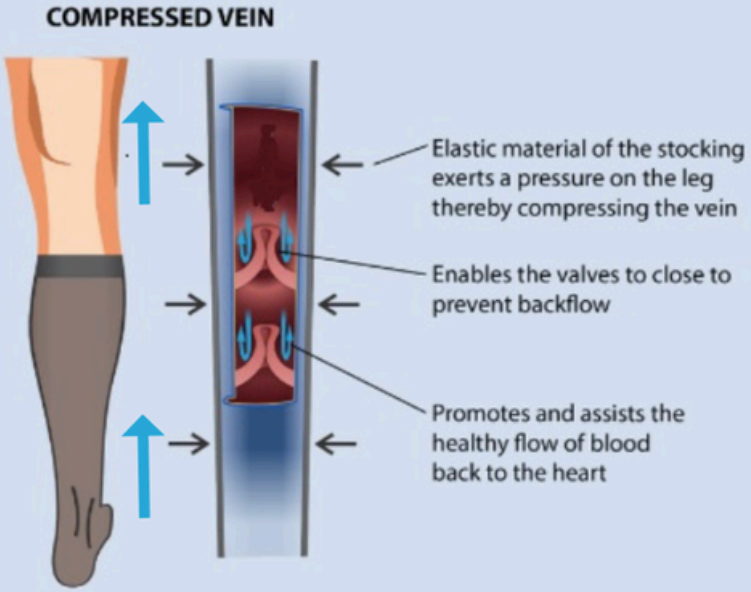
Maintain a Healthy Weight

Keeping a healthy weight reduces pressure on your veins and improves circulation.

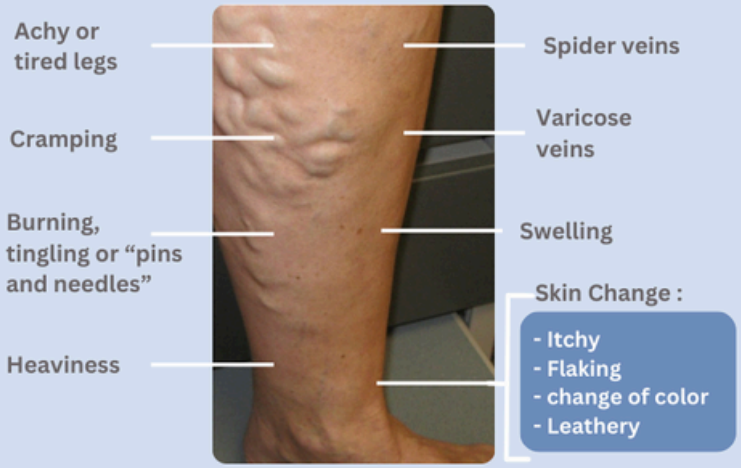
Manage Blood Pressure & Diabetes

Regularly monitor your blood pressure and diabetes to avoid complications that can worsen vein health.

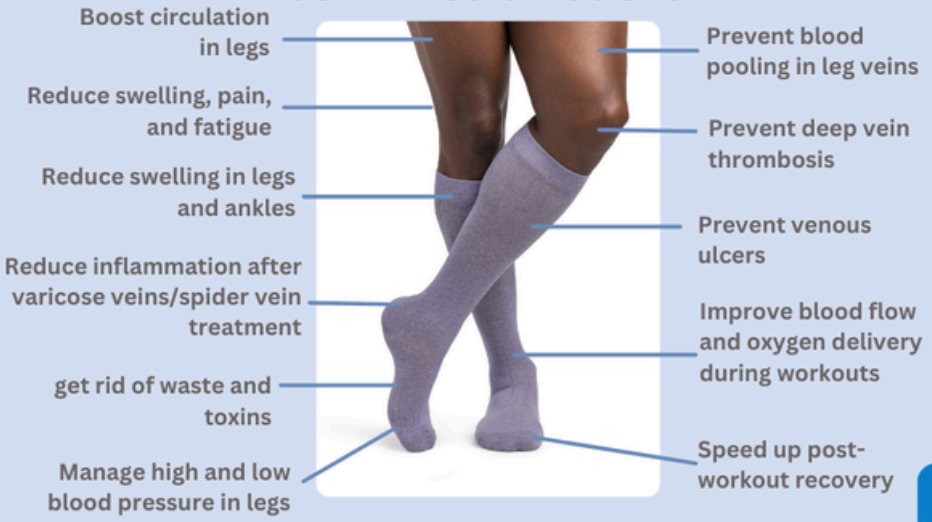
How do compression socks work?



SYMPTOMS OF CHRONIC VENOUS INSUFFICIENCY



BENEFIT OF WEARNING COMPRESSION SOCKS



LEG REVIVAL CLINIC

Medical VS Regular SOCKS

Compression socks, like medicine, should be prescribed to ensure they're safe for you, especially if you have other health conditions. Just as Tylenol relieves pain or medication lowers blood pressure, compression socks reduce pressure from blood pooling in veins, improving circulation and preventing swelling. This makes them a valuable investment in your health, unlike regular socks.

They are more expensive because they're made from high-quality materials, designed for medical use, and meet strict standards. Their durability ensures long-term effectiveness, while cheaper socks may wear out quickly.

	VS	
FUNCTIONALITY Provide graduated compression to improve blood flow, reduce swelling, and prevent discomfort.		**FUNCTIONALITY** Offer basic foot protection and comfort but lack medical benefits.
MEDICAL BENEFITS Prescribed for conditions like Chronic Venous Insufficiency (CVI), varicose veins, and leg fatigue.		**MEDICAL BENEFITS** No specific medical benefits; purely for casual or athletic use.
MATERIAL QUALITY Made with high-quality fibers like Merino wool, Sea Island cotton, and advanced synthetics for durability and breathability.		**MATERIAL QUALITY** Typically made from cotton, polyester, or basic synthetics, with limited durability and comfort.
COMPRESSION LEVEL Precisely designed with specific compression ranges (e.g., 15-20 mmHg) to meet medical needs.		**COMPRESSION LEVEL** No compression benefits; purely protective.
THERMAL REGULATION Regulates temperature, keeping legs warm in cold weather and cool in heat.		**THERMAL REGULATION** May offer basic warmth, but lacks advanced temperature control.
DURABILITY High durability due to advanced materials and construction, lasting longer with consistent performance.		**DURABILITY** Tends to wear out faster, especially under frequent use.
COST Higher due to advanced technology, medical expertise, and high-quality materials.		**COST** Generally cheaper, with lower production costs and materials.
FIT AND COMFORT Ergonomically designed to fit the foot anatomy, preventing slipping and bunching.		**FIT AND COMFORT** Offers standard fit; may not provide as much support or comfort over long periods.
STYLE Available in both medical and fashionable designs, catering to health and appearance.		**STYLE** Available in a wide range of styles, but lacks specific health functionality.
USAGE Primarily used for medical, therapeutic, or athletic recovery purposes.		**USAGE** Used for everyday wear, sports, and casual purposes.

OTHER VEIN VARICOSE TREATMENTS

Want to learn about other treatments on your next visit?

Interested in a non-invasive treatment assessment at your follow-up?

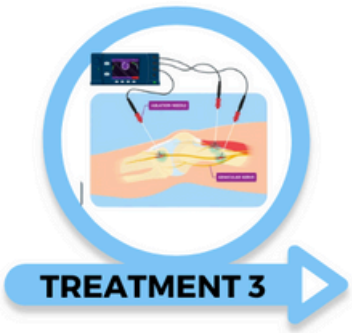
Each treatment option offers specific benefits, depending on the severity of the varicose veins and the patient's overall health.

SCLEROTHERAPY

Sclerotherapy involves injecting a solution directly into the affected vein, causing it to scar and collapse. Over time, the treated vein fades as blood is rerouted to healthier veins.

Benefits:

This minimally invasive procedure is effective for treating smaller varicose veins and spider veins. It requires no anesthesia and has a quick recovery time.



RADIOFREQUENCY ABLATION

This treatment uses radiofrequency energy to heat and close off the affected vein, causing it to shrink and eventually be absorbed by the body.

Benefits:

Radiofrequency ablation is less invasive than traditional surgery, with minimal discomfort and quick recovery. It's particularly effective for treating larger varicose veins.

SURGERY

Surgical options, such as vein stripping or ambulatory phlebectomy, involve physically removing the varicose vein through small incisions.

Benefits:

Surgery is often reserved for severe cases and can provide a long-term solution by removing large, problematic veins. It may involve a longer recovery time but can be highly effective for persistent or severe varicose veins.

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CHOOSING THE SOCK THAT MAKE YOU FEEL BETTER

WE ARE HERE TO HELP YOU FROM

Find Great Choices Just for You

The market has too many options, making it overwhelming to choose the right one

Enjoy Exciting New Experiences

Many patients have no prior experience with compression socks or only recall negative stories

Feel Comfortable in Modern Designs

Old designs, like the ones used by grandparents, were often unattractive and uncomfortable.

Discover Styles That Fit Your Life

Patients may not know the different styles and brands now available

Get the Right Fit for Maximum Comfort

Proper fit and compression level are crucial for effective treatment

Choose Socks Made for You

Getting the wrong socks can lead to discomfort or complications

Our Experts Are Here to Help

Expert guidance helps manage long-term use and ensures ongoing adjustments

Support That Boosts Your Confidence

Support reduces stress and gives patients confidence in their choice

What to Expect with Compression Socks

Compression socks are different from regular socks because they are designed to provide gentle, consistent pressure to improve blood flow. Unlike normal socks, they can be a bit snug, especially around the ankle, as this is key to their function.

Challenges with Putting Them On

Compression socks can be harder to put on due to their tight fit. You may need to adjust them carefully, especially at first. It's normal to take a little more time than you would with regular socks.

How They Should Feel

The socks should feel snug but not painful. You'll notice a firm pressure, especially around your ankle and lower leg, but it should not cause discomfort or pinch your skin. They should stay in place and not slide down or bunch up.

When to Contact Us

If you experience any of the following, please reach out to us:

- You're unsure about anything regarding your compression socks or your condition.
- There's no improvement in your symptoms.
- Your socks are still difficult to put on after trying for a few days.
- The socks feel painful, too tight, or uncomfortable to wear.
- The socks slide down or bunch up, or your legs still swell while wearing them.
- You have limited dexterity or other challenges making it difficult to wear the socks.

LEG REVIVAL CLINIC

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Leg Revival Clinic

Bringing Comfort and Energy to Your Legs at Your Convenience

COMPRESSION STOCKING TIPS

Get Properly Measured

Always consult a certified fitter to ensure the right size and compression level.

Apply to Dry Skin

Make sure your legs are dry before applying stockings. Avoid lotions before wearing them, but moisturize at night.

Handle with Care

Use gloves to avoid runs or tears when putting on stockings, and treat them as medical devices.

Positioning

Calf-high stockings should sit two finger widths below the knee crease. Never fold them down.

Gloves for Adjustments

Wear gloves when adjusting stockings to prevent fabric damage.

HOW COMPRESSION STOCKINGS SHOULD FEEL

Firm Yet Comfortable

Stockings should feel snug but not painfully tight. You should feel firm pressure, especially around the ankle, without deep marks or discomfort.

STOCKING CARE INSTRUCTIONS

Daily Washing

Hand wash inside out with mild soap and lukewarm water. Rinse thoroughly and air dry. Avoid heat or direct sunlight.

Replace as Needed

Stockings typically last 4-6 months. If you experience changes in weight or swelling, schedule a fitting reassessment.

Update Measurements Regularly

Measurements should be updated every 3 months to ensure proper fit and effectiveness.

COMPRESSION THERAPY EXPECTATIONS

Daily Wear

Wearing stockings daily promotes healthy legs, reducing fatigue, swelling, and discomfort by the end of the day.

ADDITIONAL RESOURCES

1. FOLLOW US
2. FOR YOUR CONVENIENCE AND MANY OTHER BENEFITS, WE WORK COLLABORATIVELY WITH VASCULAR SURGEONS. ASK DR. O!
3. USE SYMPTOM INVESTIGATE TOOL
4. DOWNLOAD RESOURCES FROM OUR EXPERT WEBSITE

Contact Us

(506) 721-6226

legrevivalclinic@gmail.com

299 Metcalf St, Saint John, NB E2K 4P8

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Non-Surgical Treatments

BEFORE & AFTER

"Done Here"

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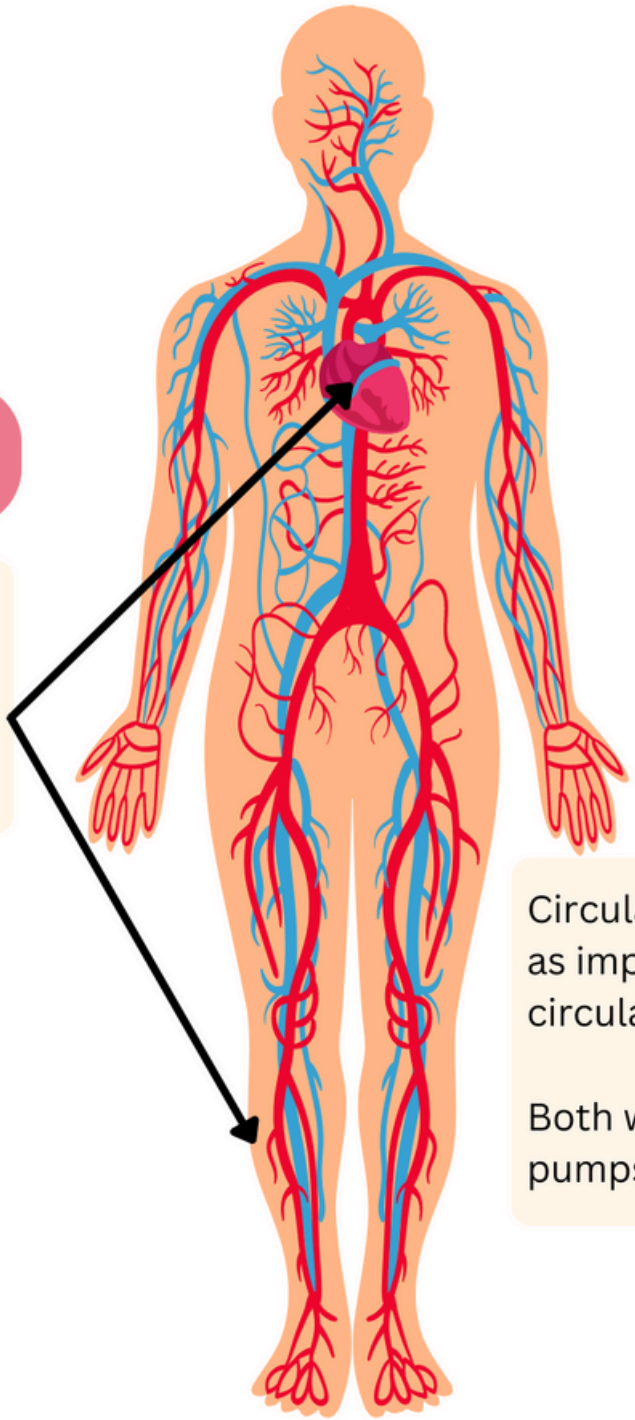
Blood Circulation

Proper circulation is key for maintaining optimal health. It ensures that blood and oxygen continuously flow throughout the body, allowing every organ to function properly.

MADE POSSIBLE BY TWO MAJOR PUMPS?

People often react faster to heart problems cause symptoms are udusslly acute



Circulation in your legs is as important as the circulation in your heart.

Both work together as pumps for optimal health

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ABNORMAL BLOOD FLOW IN YOUR LEGS

CHRONIC VENOUS INSUFFICIENCY

Damaged valves

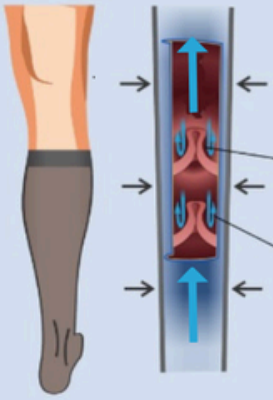
cause blood to pool in your leg, increasing pressure, and causing symptoms like swelling, pain, heaviness, throbbing , etc

Compression socks mimic the function of the damaged vein valves by applying external pressure to the legs. It helps the veins close properly, preventing blood from flowing backward, improving bloodcrircuaktion similar healthy muscles and how healthy valves would function. By providing this support, compression socks can reduce the symptoms of conditions like venous insufficiency and varicose veins.

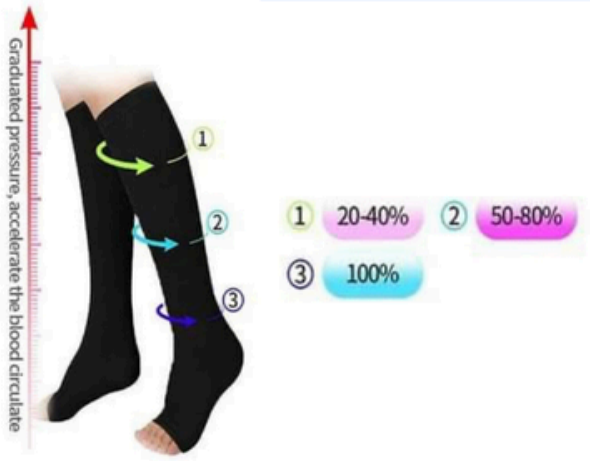
VARICOSE VEIN

- Damaged or weak valves and unable to close properly
- Vein walls become stretched, inflamed or damaged
- Blood flows back and begins to 'pool' in the lower legs
- Veins appear bumpy, swollen and discoloured on the surface of the skin

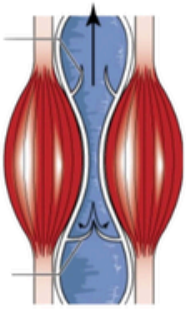
COMPRESSED VEIN



- Elastic material of the stocking exerts a pressure on the leg thereby compressing the vein
- Enables the valves to close to prevent backflow
- Promotes and assists the healthy flow of blood back to the heart



The pressure is higher at the ankle and reduces towards the thigh



Compression socks are like the medication that you wear.
They are prescribed to exert pressure from outside to reduce pressure to the muscles in your kegs your for the malfun veins to work better to prevent the pooling of blood and ease your symptoms.
They do not fix the diseased vein.

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VEIN STRIPPING
& LIGATION

VEIN STRIPPING SINCE 1906

- Hospitalization required
- General or spinal anesthesia required
- Surgical cuts & stitches
- Leaves a scar
- Can experience pain
- Age range limitations
- Recovery takes 3 to 6 weeks

LATEST NON-INVASIVE VEIN ABLATION

- Outpatient procedure
- Local anesthesia required
- Non-surgical treatment
- No scarring
- Virtualy painless procedure
- Works for all age groups
- Can immediately resume normal activities.

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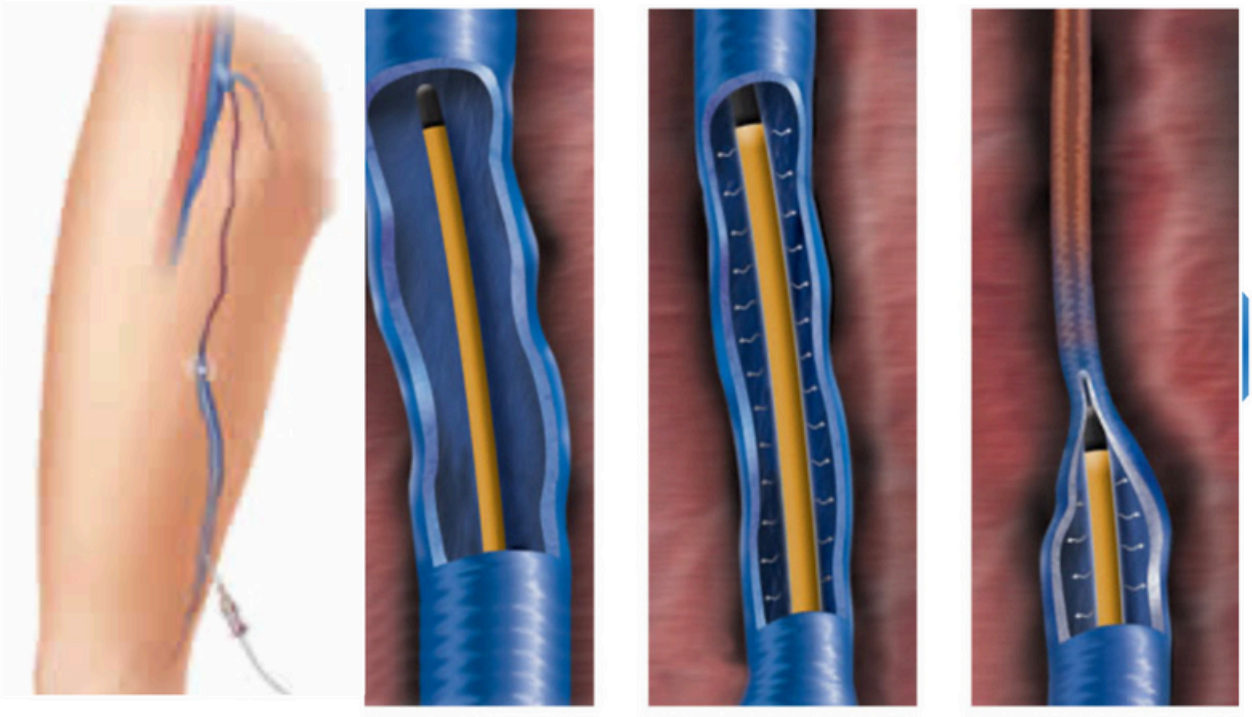
RADIO FREQUENCY ABLATION



Disposable catheter inserted into the vein

Vein heats and collapses

Catheter withdrawn closing vein

BEFORE

AFTER

- ✓ No hospitalization required
- ✓ In office procedure
- ✓ Fast and safe
- ✓ Minimally invasive
- ✓ Little to no pain
- ✓ Minimal bruising
- ✓ Very little downtime
- ✓ No need for general anesthesia
  Can immediately resume working

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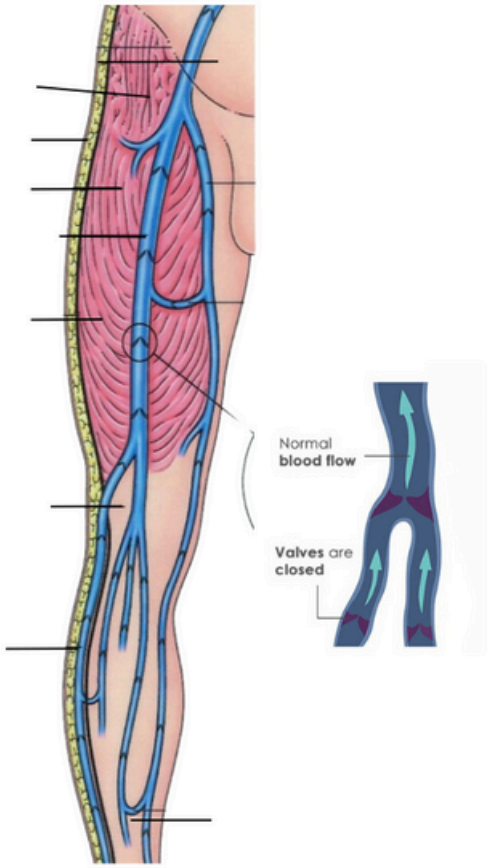
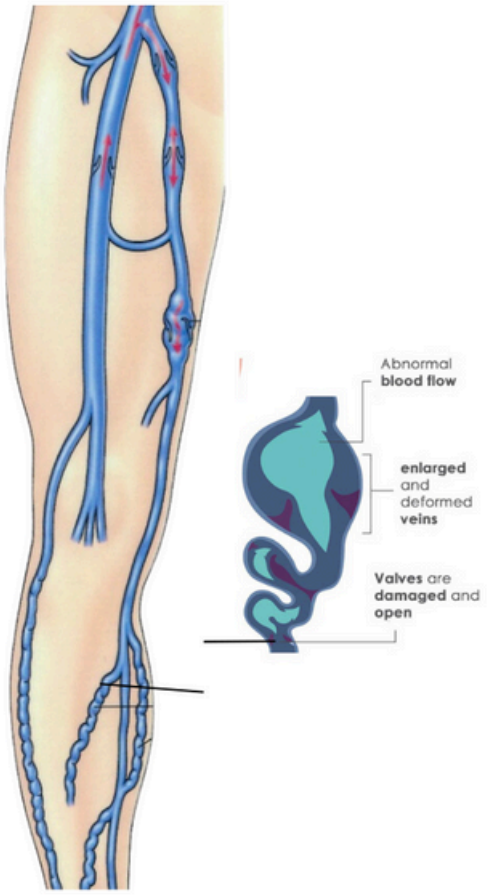
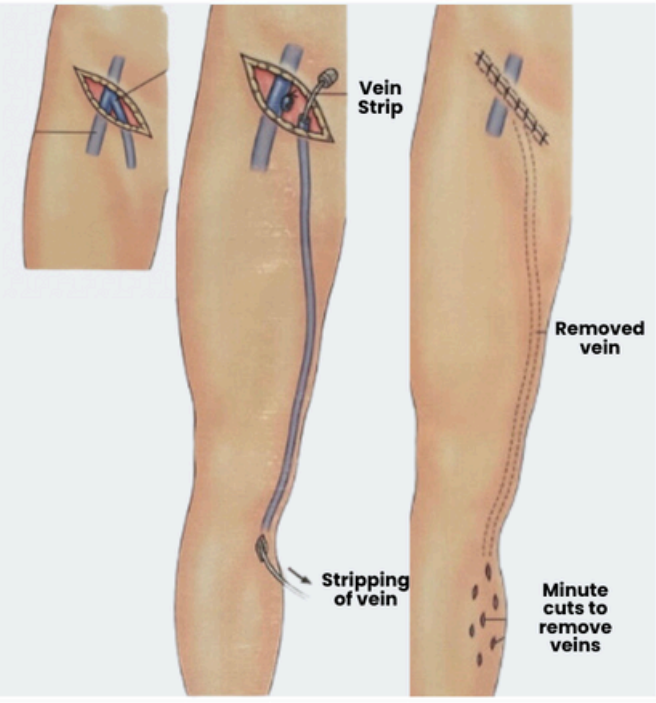
VEIN STRIPPING
& LIGATION







BEFORE AFTER

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