

**Gilly Munavalli, MD, MHS, FAAD,
FACS**
Medical Director



A native North Carolinian, Dr. Munavalli is a board-certified Dermatologist with fellowship training in Mohs Micrographic Surgery, Cutaneous Oncology, Facial Reconstruction, Phlebology and Cosmetic & Laser Surgery. He received his Bachelor of Science degree from the University of North Carolina-Chapel Hill, Masters of Health Science from the Johns Hopkins University School of Public Health, Doctorate of Medicine from Morehouse Medical School and fulfilled his internship training at the Mayo Clinic. He completed his Dermatology residency at Emory University School of Medicine and received his Board Certification in Dermatology in 2002.

In 2005, Dr. Munavalli established Dermatology, Laser and Vein Specialists of the Carolinas and has been globally recognized in the field of Lasers and Phlebology, having taught, lectured and authored numerous articles on various topics within the scope of vein laser treatment. He is a Fellow of the American College of Phlebology and an Assistant Clinical Professor of Dermatology at the Wake Forest School of Medicine.

**WHAT ABOUT INSURANCE
COVERAGE?**

Nearly all insurance companies are covering the Endovenous Ablation procedure. However, it must be deemed medically necessary and all of the policy guidelines must be met. Most insurance guidelines for coverage on this type of procedure require that the patient try conservative measures, such as a trial of physician prescribed support hose, leg elevation, over the counter analgesics and mild exercise for a period of time. After the trial of conservative treatment has been met, most insurances will approve the procedure.

Payman Kosari, MD, FAAD
*Diplomate of the American Board
of Venous & Lymphatic Medicine*



Dr. Kosari is a board-certified Dermatologist who specializes in Phlebology and the treatment of medical & cosmetic venous disorders. Having passed the most comprehensive examination of knowledge in vein disease and demonstrating his commitment to providing quality care for his patients, Dr. Kosari is recognized as a Diplomate of the American Board of Venous & Lymphatic Medicine. He has an active vein clinic where he performs endovenous laser ablation, medical and cosmetic sclerotherapy, and participates in clinical trials assessing and treating venous disorders. Dr. Kosari has established himself within the practice not only for demonstrating advanced techniques in various venous surgical procedures, but as an excellent general and cosmetic dermatologist.

Dr. Kosari received his Bachelor of Science degree in Biology from the University of California, Los Angeles before earning his Medical Degree from the Chicago Medical School. He completed his internship at Cedars-Sinai Medical Center and relocated to North Carolina to complete his Dermatology residency at Wake Forest Baptist Health. He continues to be active in the academic arena publishing in peer-reviewed journals, and presenting talks on various topics pertaining to the field of Dermatology and venous disease.

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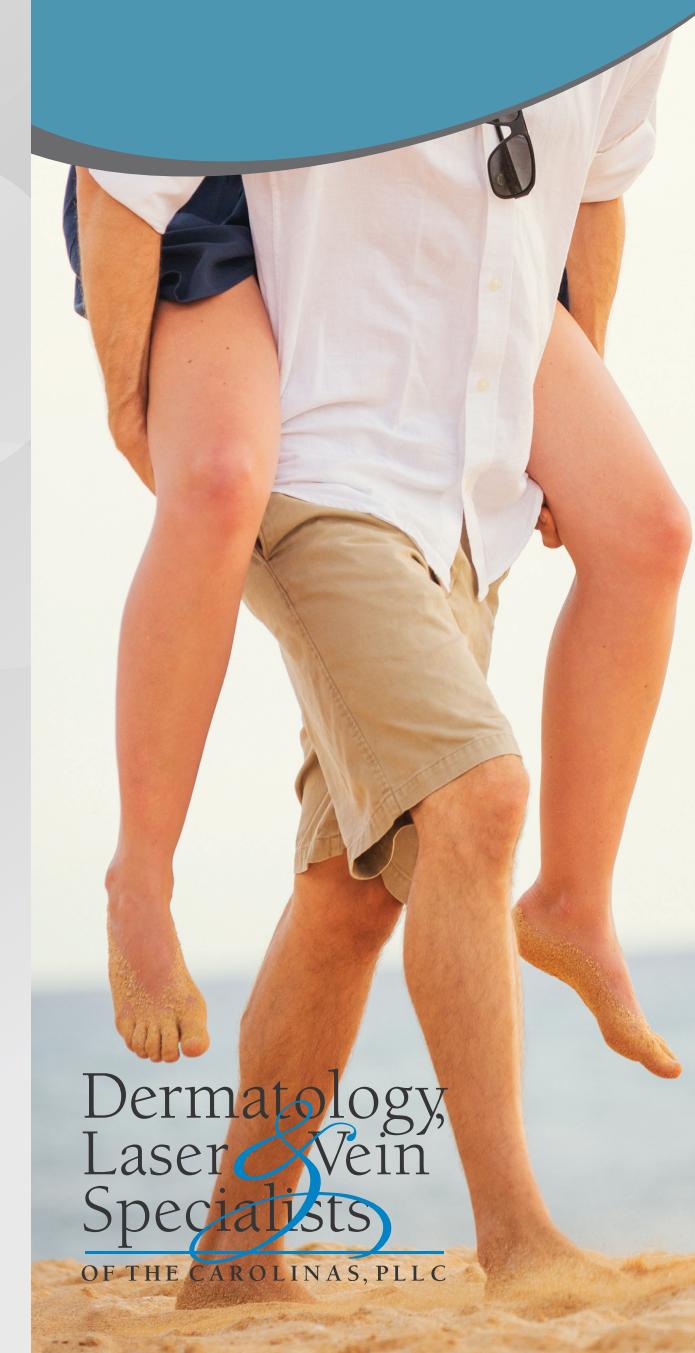
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VARICOSE & SPIDER VEINS



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WHAT ARE VARICOSE VEINS?

Varicose veins are dilated (enlarged) and often visible, twisted veins just below the surface of the skin that develop when the valves in the vein no longer function properly and have lost the ability to take blood from the legs back up to the heart and lungs. The blood volume in the vein increases resulting in a bulging appearance. These veins, usually on the legs, can cause aching, throbbing, itching, burning, leg fatigue and night cramps. Swelling can occur; skin discoloration and leg ulcers in severe cases.

WHAT ARE SPIDER VEINS?

Spider veins are tiny red or blue veins usually about the size of a fine thread with a Web-like appearance just below the surface of the skin. These spider veins rarely cause serious symptoms and are cosmetic in nature, but can also be a sign of a deeper problem. Symptoms occasionally include itching and throbbing. Spider veins are most generally on the legs but can also be found on the face as well as other parts of the body.

WHO GETS VARICOSE VEINS AND SPIDER VEINS?

Varicose and spider veins can occur in men or women of any age, but most frequently affect women of childbearing age and older. Family history of venous insufficiency and aging increases one's tendency to develop varicose veins.

WHAT IS THE CAUSE OF VARICOSE VEINS AND SPIDER VEINS?

Incompetence of the saphenous vein is the most common cause of varicose veins. When a vein is dilated or its valves are damaged, blood flows in the wrong direction. This is referred to as "reflux". There are a number of contributing factors that can increase your risk of developing varicose veins. Heredity, an occupation that involves standing for long periods of time, pregnancy and obesity are among a few.



WHAT CAN BE DONE TO TREAT VARICOSE VEINS?

There are several methods in treating varicose veins. Your physician will formulate a treatment plan following a duplex ultrasound. The newest treatment is known as Endovenous Ablation which is a minimally invasive alternative to the surgical stripping that was performed for many years. This modern treatment is far less traumatic to the patient and is performed as an outpatient surgical procedure under local anesthesia. Endovenous Ablation uses controlled heat to gently close the saphenous vein using laser or radio frequency energy.

This technique involves only needle punctures, not incisions. Using Ultrasound guidance a needle is inserted into the refluxing vein which helps guide a catheter into the vessel. The laser fiber or electrode is then inserted into the catheter. Once proper placement is achieved, the fiber is slowly drawn back as heat is applied to the vein helping it close. Eventually, this vein will be absorbed into the body. This procedure can sometimes be combined with a microphlebectomy also known as an Ambulatory Phlebectomy. This procedure is preformed on patients with large bulging varicose veins on the surface of the skin. Small punctures are made and the diseased vein is gently removed with a specially designed instrument. The puncture sites are so small they require no stitches. Following these procedures your leg will be wrapped and a surgical strength compression stocking will be applied. We then encourage walking and normal activity. Most of our patients return to their normal daily routine the next day.

Another method of treating varicose veins which does not require surgery is known as Ultrasound Guided Sclerotherapy or Chemical Ablation. This technique is done using ultrasound guidance to help guide the injection of a liquid or foam sclerosing agent into the deeper underlying veins which normally would not be seen. This solution causes the blood vessel to close up and eventually disappear. Following the treatment you are required to wear compression stockings to help keep the vein closed. Normal activity can commence after treatment and we encourage walking during the post injection period.

WHAT CAN BE DONE TO TREAT SPIDER VEINS?

Sclerotherapy or injection therapy is the main treatment of choice for the elimination of spider veins on the legs and hands. During the treatment a sclerosing agent (a mild chemical solution either foamed or liquid) is injected into the problem vein. This solution causes the blood vessel to close up and eventually disappear. As a result, the treated vessel is closed and blood is rerouted through healthy veins. In most cases more than one treatment will be necessary for optimal results.

After treatment you are required to wear compression stockings to help keep the vein closed. Normal activity can commence after treatment and we encourage walking during the post injection period.



Decide for yourself the difference a cutting edge facility can make.