



For Immediate Release

The Vein Healthcare Center explains the value of compression before and after varicose vein treatment and other venous procedures

April 17, 2013 (South Portland, ME) – For years, patients suffering from [varicose veins](#) and other effects of [venous insufficiency](#) had few options for treatment, among them vein stripping or ligation. [Endovenous ablation](#), or EVLA for short, has been performed in the United States for more than 15 years. The minimally invasive procedure is now considered the gold standard in treatment of venous symptoms, largely replacing the previous, more invasive procedures.

EVLA is done on an outpatient basis, and recovery time for most people is very quick. According to Dr. Cindy Asbjornsen of the [Vein Healthcare Center](#) in Maine, graduated compression stockings play an essential role before and after vein treatments, including EVLA.

“Anyone that undergoes EVLA, sclerotherapy or other treatments for venous insufficiency must wear graduated compression stockings immediately following the procedure and during the recovery period,” said Dr. Asbjornsen. “What some may not realize is that there are reasons to wear compression before treatment too.”

Before a vein procedure, wearing compression stockings gives a person a snapshot of what vein health feels like. Since compression alleviates symptoms, it becomes easier for a [phlebologist](#) (vein specialist) to tease out, or confirm whether the leg pain is due to muscular-skeletal issues, the nervous system, or venous disease.

Another benefit to wearing compression prior to treatment is that it’s good to confirm that the patient can tolerate stockings, and/or that the stockings fit properly. After the procedure is the worst time to discover that the stockings don’t fit.

Alternatively, many who think that they could never tolerate compression stockings try on a modern stocking and find them quite bearable. Since compression prevents the progression of vein disease and controls symptoms, some people may even decide to take a more conservative approach, rather than proceed with definitive treatment.

Gradient compression after EVLA has been proven to prevent swelling, a common risk. Additional benefits for the patient are decreased discomfort, potentially decreased risk of blood clots, and potentially decreased risk of pigmentation, or staining of the skin. Compression is critical for the most efficient and effective healing process.

To better understand venous insufficiency and how compression works, here’s a review of how veins work. Veins carry blood from all the extremities back to the heart. The blood in the legs travels up against gravity, so when the valves in the veins become damaged, blood flows back into the legs to create a “pooling” effect.

Medical compression stockings provide a gradient of pressure against the leg. The pressure is highest at the foot and ankle and gradually decreases as the garment rises up the leg. This pressure gradient makes it easier for the body to pump blood up towards the heart (the normal direction) and more difficult for gravity to pull blood downward.

Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center, as well as the Maine Phlebology Association. Certified by the American Board of Phlebology, she cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers. Dr. Asbjornsen is the only vein specialist in Maine to be named a Fellow by the American College of Phlebology. She is also the editorial director of Vein Health News, Maine's vein magazine for primary care physicians.

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