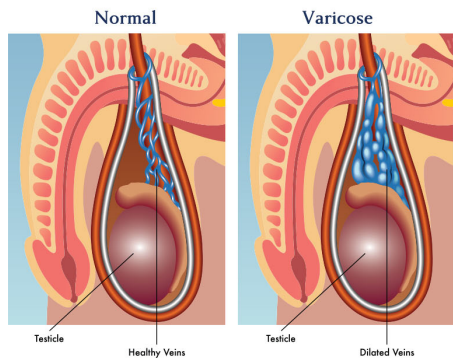




Varicoceles are
identified in 20% of men.

What is Varicocele?

A varicocele (*VAR-ih-koe-seel*) is the enlargement of the veins within the scrotum. A varicocele is similar to a varicose vein that can occur in the legs. Varicoceles develop due to abnormal pressure in the veins of the scrotum which causes them to dilate. The enlarged veins can damage the testicle and worsen fertility. Most varicoceles are asymptomatic. However, some can cause scrotal pain. This pain is generally mild to moderate and occurs with long periods of sitting, standing, or activity. It is typically relieved by lying down. Men describe it as a dull, congestive, centralized "toothache" like pain. Our physicians can provide targeted treatment for varicocele called "varicocele repair."



CONTACT US:

Phone: (858) 550-0330

La Jolla: 9850 Genesee Ave, Suite 410,
La Jolla, CA 92037

Chula Vista: 340 Fourth Avenue, Suite 11,
Chula Vista, CA 91910

Poway: 15525 Pomerado Rd, Unit A1
Poway, CA 92064

Solana Beach: 530 Lomas Santa Fe Dr, Ste O,
Solana Beach, CA 92075

Vista: 906 Sycamore Ave.
Vista, CA 92081

ljvascular.com

Scan Here
To Follow Us
On Social Media



Elliot DeYoung, MD
Interventional Radiologist

Sarah Lucas, MD, FACS, RPVI
Vascular Surgeon

Nisha Bunke, MD, FAVLS, RPhS
Venous Disease Specialist, Medical Director

Are you Living with
Varicocele?



La Jolla Vein Care has been featured in:



www.ljvascular.com



Symptoms:

- Scrotum pain (varying from sharp to dull discomfort)
- Scrotum pain increasing with standing or physical activity (especially over long periods of time)
- Scrotum pain worsening throughout the day
- Pain relief when lying on your back
- Impaired fertility
- Abnormal sperm count
- Visible and large veins in the scrotum that can be felt (spaghetti or worm-like)

Treatment Options

Open surgery

This is typically done in a hospital setting under general or local anesthetic. Your Surgeon will approach the vein through your groin, or in the abdomen.

Laparoscopic surgery

Under general anesthesia, your Surgeon will make a small incision in your abdomen. A tiny instrument is passed through the incision to see and repair the varicocele.

Non-Surgical Embolization

Your Vascular Specialist inserts a small catheter into a vein in your groin. The catheter is then positioned in the vein causing your varicocele. The Vascular Specialist then treats the abnormal vein with embolization. The embolization instantly decreases the damaging pressures in the veins of the scrotum which allows the dilated veins to return to normal. This procedure is done in an outpatient setting under local anesthesia and mild sedation. The procedure usually takes less than 60 minutes to complete. Most patients return to normal activity the next day and experience no change in their sexual function.

At La Jolla Vein Care, our Vascular Specialists perform non-surgical embolization as treatment for varicocele. Call us today at (858) 550.0330 and our team will happily schedule a consultation for you with one of our vascular specialists.

Why Choose Embolization?

The goal of varicocele embolization treatment is to stop the abnormal pressure causing swollen veins in the scrotum. To achieve this, a Vascular Specialist at La Jolla Vein Care treats the unhealthy veins in the pelvis using only a small 2mm incision at the top of the leg. Using this technique, the blood supply to the testicle itself is unaffected. The result is a simple, minimally invasive, treatment of the varicocele without surgery.

SURGERY VS NON-SURGICAL EMBOLIZATION	
RECOVERY TIME	
2 Weeks	1-2 Days
EXERCISE TIME	
10-14 Days before resuming physical activity	7-10 Days before resuming physical activity
SEXUAL ACTIVITY	
4 Weeks before resuming sexual activity	1-2 Weeks before resuming sexual activity

