

# Your guide to chronic venous insufficiency and chronic swelling.



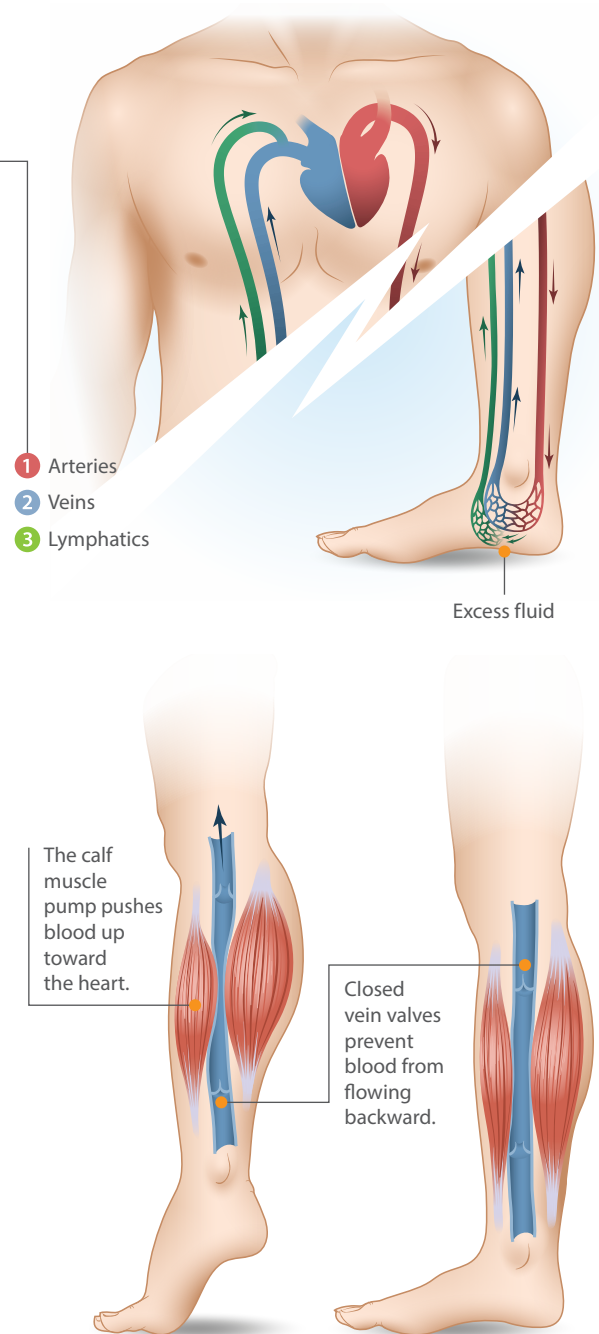
**Tactile**  
MEDICAL®

# THE CIRCULATORY SYSTEM

The **circulatory system** moves blood throughout your body to bring nutrients and oxygen to your cells and organs. It includes your heart, **1** arteries, **2** veins and **3** lymphatics. The heart moves blood through the arteries to your capillaries to keep tissues throughout the body healthy. Then the blood returns to the heart through your veins.

While your heart is the pump that supports blood circulation, it cannot do this without healthy legs, veins and lymphatics. Gravity is a powerful force that works against your circulatory system. For example, when walking, the pumping of leg muscles is essential to move blood back to the heart. Thankfully, each vein contains valves that help move the blood in one direction toward the heart, rather than allowing gravity to flow it backwards.

The circulatory system also includes millions of tiny **lymphatic vessels** — and healthy lymphatics are essential to good health. As blood moves through your arteries and veins, some fluid and proteins filter out of the blood vessels into surrounding tissue. The lymphatic system absorbs this material, and returns it to your heart for recirculation. These lymph vessels also permit molecules and infection-fighting white blood cells to reach every cell in the body.



# WHAT IS CHRONIC VENOUS INSUFFICIENCY?

## **Chronic venous insufficiency (CVI)**

occurs when veins are unable to overcome the force of gravity and return blood to the heart. This can happen due to a weak calf muscle pump, or when veins are either damaged or become less efficient as we age. In patients with CVI, blood collects in the lower legs, causing high pressure in the veins. This high pressure can force an increased amount of fluid and proteins to filter out of the blood vessels and into surrounding tissue, which can lead to chronic swelling.

## **What is chronic swelling?**

Also known as lymphedema, chronic swelling is a progressive condition in which excessive protein-rich fluids accumulate in the body's tissues. A compromised or non-functioning lymphatic system places patients at risk of medical complications including recurrent skin infections known as cellulitis.

## SIGNS AND SYMPTOMS

CVI is a progressive condition that requires active management. It's important to first get an accurate diagnosis. If you are experiencing any of the following symptoms, ask your physician about seeing a Vein Specialist:

- Swelling in the lower legs and ankles, especially after long periods of standing
- Aching or tiredness in the legs
- Varicose veins
- Leathery-looking skin on the legs
- Flaking or itching skin on the legs or feet
- Reddish-brown colored skin in the ankle area
- Leg wounds that won't heal (possible venous ulcers)



OVER TIME,  
UNTREATED SWELLING  
CAN CAUSE PERMANENT  
DAMAGE TO  
SURROUNDING  
TISSUE AND  
LYMPH VESSELS.

### TREATMENT OPTIONS

A simple ultrasound test can provide an accurate diagnosis. Once diagnosed, there are treatments designed to lower venous pressure and minimize leg swelling (edema). One treatment, compression, will remain an important part of managing your condition regardless of your other treatments.

#### Some things you can do to manage CVI include:

- Avoid sitting or standing for too long; move and exercise regularly
- Elevate your legs above your heart while sitting and lying down
- Maintain a healthy weight
- Practice good skin hygiene

#### Your doctor may also recommend any of the following:

- Compression therapy, which may include compression stockings, bandages or pneumatic compression pumps
- Surgical or non-surgical treatments to close or bypass specific problem veins
- Antibiotics to treat acute skin infections
- A therapist specializing in the treatment of chronic swelling

We offer pneumatic compression devices to help patients successfully manage chronic swelling from home. Your doctor may prescribe one of the following products, which are specially designed to move excess fluid from swollen areas toward healthier parts of your body where it can be absorbed.



#### Flexitouch® Plus with ComfortEase™ Garments

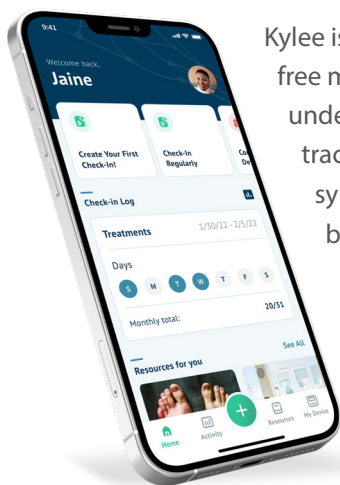
Combines comfortable, easy-to-use garments and an advanced programmable controller to provide therapy that is clinically proven to stimulate the lymphatic system<sup>1</sup> and enhance quality of life.



#### Nimbl™

Features a small, compact controller suited to your lifestyle so you can more easily manage your condition on your terms. At home or on the road, take Nimbl wherever you go.

# Learn more about chronic swelling and how to manage it with Kylee.™



Kylee is an easy-to-use, free mobile app to help you understand your condition, track and manage your symptoms and live your best life!

Download Kylee today!



TO SEE HOW WE'RE BRINGING THE FUTURE  
OF HEALING AT HOME,  
VISIT [TACTILEMEDICAL.COM](https://tactilemedical.com)

Individual results may vary.

**Indications/contraindications:** Indications, contraindications, warnings, and instructions for use can be found in the product labeling supplied with each device.

**Caution:** Federal (USA) law restricts these devices to sale by or on the order of a licensed healthcare practitioner.

#### Reference:

1. Adams KE, Rasmussen JC, Darne C, et al. Direct evidence of lymphatic function improvement after advanced pneumatic compression device treatment of lymphedema. *Biomed Opt Express*. 2010;1(1):114–125.

#### Tactile Medical

3701 Wayzata Blvd, Suite 300  
Minneapolis, MN 55416 USA

#### Customer Care

**Text or Call: 612.355.5100**

Toll Free Phone: 833.3TACTILE (833.382.2845)

Fax: 612.355.5101 / Toll Free Fax: 866.435.3949

Email: [customerservice@tactilemedical.com](mailto:customerservice@tactilemedical.com)

Hours: 7 a.m. to 5:30 p.m. CT, Monday–Friday

[tactilemedical.com](https://tactilemedical.com)

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