

# Why Do Varicose Veins Appear During Pregnancy?

Pregnancy is among the best news you have heard in your life. As a woman, it is a most wonderful time, however, pregnancy also brings some issues that cannot be neglected. One of those risks is the development of varicose veins.

### What Are Varicose Veins?

Veins are pipes in the legs that are responsible to circulate the blood to the body. There are sufficient veins in the legs to make fishnet stockings, and, when they are working accurately, they are not noticeable at all on the skin surface.



Varicose veins are distending and unappealing blue veins that happen primarily on the legs. They can influence the two people at any age yet as often as possible begin to show up after pregnancy. They commonly become a worse nightmare with the time, whenever left untreated, they can even prompt more extreme conditions, for example, phlebitis or harm to the skin in the lower leg. So it is best if you can opt for early vein treatment at a **reputable vein specialist San Diego**.

### Why Do Varicose Veins Happen?

At the point when we stand up, the course of the bloodstream is against gravity, so we need valves in the veins to keep the blood moving the right way. Due to any reason, if these valves stopped working accurately, the blood will begin to course in the accurate direction and make the veins swell up. Patients perceive the issue when spotting blue swelling blemishes on the legs, which can hurt and feel very awkward. A [vein doctor San Diego](#) can better suggest the reasons that cause varicose veins.

### What Happens During Pregnancy?

Pregnancy doesn't straightforwardly cause varicose veins, however, it aggravates them. Around one out of three women will create varicose veins during pregnancy.

While a woman is pregnant, hurting, distress, expanding, and weight in the legs are normal. A few patients can create prominent veins on the vulva and considerably more severe conditions. For example, painful shallow thrombophlebitis and Deep Vein Thrombosis (DVT) can happen.

When the pregnancy is finished, the created varicose veins can recede, anyway, they still reason anxiety and look ugly. It is then conceivable to get conclusive **vein treatment San Diego**.



**Why Varicose Veins More Likely To Appear During Pregnancy:-**

There are two primary reasons that prompt varicose veins at the time pregnancy are harmonious and strong pressure on the uterus.

As pregnancy advances, the body needs to create hormones that cause tissues and ligaments to relax. This happens to make the birthing process. These hormones additionally influence leg veins, so it is required to keep in touch with the [vein clinic San Diego](https://www.veinclinic.com) to deal with the issue. This makes the vein normally extend, which increases the danger of them getting varicose.

In the later phases of pregnancy, the uterus size broadens. Thus, the heavier uterus will in general push on the veins in the pelvis and cut off the bloodstream from the legs. This raises the pressure on the leg veins and provokes any falling valves.

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