

HOME CARE AND TREATMENT OF THE VARICOSE VEINS

Treatments are available for varicose veins. Many of them are simple things a person begin immediately, for example: Elevate the legs as much as possible. If the human being can get half-hour break during the day to rest, do it. It is important to raise the legs up above the level of the heart to get the maximum effect, and to do this for about a half-hour each time.



Wear compression stockings (such as TED Hose or Jobst stockings).

The key is to put them on in the morning before walking around and before the veins become more swollen. If a person tries them and experiences worsening pain, especially after walking, remove them and see a health care professional. A person may have problems with the blood supply to the legs (the arterial supply, which provides oxygen).

- If the person is overweight, try to lose weight. Eat a healthy diet high in fiber and low in fat and salt can help.
- Avoid alcohol, which can cause the veins in the legs to dilate.
- See a health care professional if the person has health problems such as chronic constipation, urinary retention, or chronic cough. [Treatment For Varicose Veins In Legs](#) may help with the varicose veins.

- Avoid wearing tight clothing such as girdles or belts.
- Do not cross the legs when sitting.
- Walking is good exercise, and It can help the muscles force the blood out of the deeper vein system.
- If the person is driving on a trip, traveling by air for a long period of time, or working at a desk all day, try to get up and hike approximately each hour or so to let the muscles to pump the blood out of the veins.



Treatment for Varicose Veins

Sclerotherapy

Sclerotherapy a one of best **Varicose Vein Treatment Options** involves injecting a chemical inside the vein that obliterates it and causes it to scar. Sclerotherapy is not completely successful in alleviating symptoms, and preventing formation of more varicose veins. Complications associated with sclerotherapy include allergic reactions to the chemical used, stinging or burning at the various injection sites, inflammation, skin ulcerations, and permanent discoloration of the skin. Bandages often remain in place for as long as three weeks. Wearing compression stockings is usually recommended after sclerotherapy. Doctors who perform this procedure must have specialized training and experience in order to avoid complications.

Lasers

Latest Treatment For Varicose Veins are used as a treatment for varicose veins, but are frequently used in the treatment of smaller veins, medically referred to as telangiectasias. These veins are small, measuring only up to 1 millimeter in diameter, and represent dilated capillaries. Using lasers to treat these smaller

vessels can cause changes in the color or texture of the skin. Multiple treatments are often required. The technique is less helpful in the treatment of larger varicosities.

If a person has superficial thrombophlebitis, a health care professional will usually recommend [Medicine For Varicose Veins](#). Additional treatment depends on whether the physician thinks the patient may have an infection.