

# Varicose Veins its Diagnosis and Best Treatment

Diagnosis of varicose veins or varicose disease (chronic stage of varicose veins) can be done by either the general practitioner or, preferably, a phlebologist (specialist in the treatment of venous system disorders).

Usually, the doctor will diagnose the condition only by analyzing the appearance of the veins. This will make the patient's history (medical history) and, as the case may be, also recommend performing additional tests such as an ultrasound (Doppler test).



**Best Way To Remove Varicose Veins:** Varicose veins treatment options

There are several [Remedies For Varicose Veins](#) treatment, and the choice depends on the patient's condition and the stage of evolution of varicose veins. There are both non-invasive and surgical methods, which are used in more serious cases.

In the first phase, the doctor may recommend medications to support blood circulation, as well as wearing compression stockings or regular massage

sessions. Avoiding risk factors is also vital in treating varicose veins, especially in the early stage.

Depending on the evolution of the disease, the doctor may recommend one of the following treatments:

**Simple sclerotherapy** - It is recommended in the case of superficial varicose veins and involves the injection of saline solution in the varicose veins. **Removal Of Varicose Veins Procedure** here is a fast one, and the results are seen after a few weeks.

**Ultrasound - guided sclerotherapy** - The procedure is the same as for simple sclerotherapy, with the difference that this type of therapy can treat varicose veins that are not visible on the skin surface. It is a treatment that can replace in some cases the surgery.

**Intravenous Laser Treatment For Varicose Veins In Legs or radiofrequency ablation** - It is done with local anesthesia and lasts about 60 minutes. The doctor introduces a thin tube into the vein and acts with his laser by radiofrequency on the vein to reduce inflammation. It is a minimally-invasive treatment and is recommended in more severe cases.

**Phlebectomy (crosectomy or step phlebectomy)** - This is a minimally invasive surgical procedure that involves making small incisions and removing dilated venous portions.

**Stripping** - It is a classic surgical treatment, by which the vein responsible for the appearance of varicose veins is surgically removed, with the help of incisions. The technique requires total anesthesia and hospitalization for 24 hours. It is recommended in severe cases when all other treatment methods have proven ineffective.



### Complications of varicose veins

Once developed, varicose veins will never heal without treatment or lifestyle changes. Untreated, they can lead to complications such as:

Bleeding into the inflamed veins;

Thrombophlebitis (formation of a blood clot in the affected veins);

Venous insufficiency;

Eczema and varicose ulcers;

Other dermatitis (skin condition that appears in patients suffering from chronic venous insufficiency).

**Best Surgeon For Varicose Veins:** Methods for the prevention of varicose veins

Avoid very tight clothing, which hinders blood flow to the legs

Adopt a healthy and balanced diet, without excesses, to prevent obesity

Do movement and exercise

Avoid high heels and uncomfortable shoes, inappropriate in number

Hydrate yourself

Avoid hot baths

Varicose veins are more than just an aesthetic problem; they can greatly affect the quality of your daily life. With a healthy lifestyle and regular visits to the doctor, they can be fought and healed.