

# What Are The Various Ways To Deal With Varicose Veins?

Varicose vein removal is not a difficult task to do as they are large and twisted and can be found close to the surface of the skin. They are caused by the extreme damage of walls of the veins obstructing blood flow back to the heart. Blood begins to store in the legs veins resulting in bulging red purple-colored varicose veins beneath the surface of the legs or face. Over time they can lead to sore tender legs with pain in them. If you want to get rid of this situation, **visit vein clinics Lindenhurst.**

## **Different ways to control and Treat Varicose Veins:**

### **PantyHose:**

You can wear pantyhose to control the varicose veins to develop. You can get the pantyhose at any pharmacist shop easily. And you will have to wear them as per your vein doctors' direction. These compression stockings ease the blood circulation in your legs by softly compressing your legs. These pantyhose are available in several sizes. Vein specialists may also prescribe them after you have gone through a vein removal surgery to get effective results. Also, these stockings prevent the return of varicose veins if worn daily. If still experiencing pain or discomfort in your legs visit [veins clinics](#).



### **Sclerotherapy:**

When talking to your doctor about varicose vein removal, be sure to ask about sclerotherapy. This is a very minor procedure. A solution is injected directly into the varicose vein to seal the vein. Sclerotherapy is performed by the vein specialist in the office. It is an impressive procedure to eliminate diseased veins. **Vein specialist near me** injects a salt solution directly to the affected veins making them collapse and cling together.

## **Endovenous Laser treatment:**

You can also talk to your [vein doctor South Shore](#) about other **varicose vein treatments long Island** that are available. One treatment option is a procedure called Endovenous. This procedure includes laser beams transmitted directly to the affected veins. During the procedure, the specialist inserts a catheter into the damaged vein and can be observed by ultrasound. The heat generated by the light seals the veins by making them hot from inside. The procedure does not cause any scars as the body absorbs the sealed vein.



## **What is the most prominent area of varicose veins in the body?**

Varicose veins are a very common condition. They are most often seen in women than in men. The word varicose is a Latin word varix that means twisted in English. Any vein in your body can actually become varicose, but they most often appear in the legs and feet. The main reason behind this may be prolonged standing or sitting because this situation increases the extra pressure in the veins making them stretched and damaged especially to those who are located in the lower section of the body.

## **Varicose veins; Cosmetic concern or medical:**

Women especially consider varicose veins a cosmetic issue rather than a medical one. It is well known that women love to look pretty in all ways. And blue and purple patches make them self-conscious and less confident. But sometimes for men, this imperfection may be painful, if it is left untreated. Varicose veins symptoms indicate clearly that you are having some problem in your circulatory system.

If you want to prevent varicose veins, you should exercise daily. Moreover, a healthy weight can also prevent you from this vein disease. Women should stay away from high heels and tight pants to ease the blood circulation in the body and prevent the formation of varicose veins.