

# Varicose Veins: Five Effective Methods To Eliminate Them

The visibility of varicose veins is not an overly concerned topic for people. The main issue with the growth of abnormal veins is that they look unsightly. Otherwise, they won't cause any serious health issues. If their appearance is spoiling your physical beauty or making you uneasy, get the treatment at [veins clinics near me](#).

However, if their growth is really bothering you, making you uncomfortable, and affecting your life, then you should think about the solution to eradicate them. Since then, medicine has advanced and developed hi-tech methods to treat abnormal veins. Some of them are discussed below:



## **1. Sclerotherapy:**

The vein doctor conducts this method with an injection containing a solution of sodium chloride. He/She injects the solution directly into the veins. As a result, the diseased veins get shrunk and disappear after a few days as the body absorbs them itself. It might be possible that you will have to visit your **vein doctor near La Jolla** more than once for more injections. But it totally depends on your condition. Discuss everything with the doctor first before getting it done at **veins clinics san Diego**.

## **2. Ambulatory Phlebectomy:**

This procedure may require general anesthesia before the procedure is carried out. In this method, the **vein specialist near me la Jolla** makes an incision on the affected area in order to remove varicose veins permanently.

## **3. Laser Therapy:**

This method is the most pricey among all forms of **varicose vein treatment la Jolla**. This can make you spend more money than other alternative options to deal with varicose veins. But this procedure may offer patients long terms results compared to others. You should get this procedure done only by a **vein specialist near me san Jose** as there are certain risks and complications that may arise if it is not done properly.

A vein doctor uses a laser fiber to execute the procedure. He/She inserts a thin tube known as a catheter into the vein. During performing this procedure, the doctor monitors the diseased vein on a duplex ultrasound screen. This following procedure is completely painless than ligation and stripping and its recovery time is also shorter. The doctor may administer only local anesthesia or a light sedative for the execution of this [varicose vein treatment near me la Jolla](#).



#### **4. Medication & Supplements:**

Patients suffering from mild varicose veins may use this option. You can intake the products that are certainly produced to dilate the veins so the blood circulation of the body may be enhanced and the problematic veins' symptoms may be diminished.

#### **5. Creams:**

It is the least expensive form of treatment and the most invasive of them all. But the results of this method may be slower than others' procedures. The cream will contain anti-inflammatory properties that will help stimulate the blood through the veins to ensure the blood circulation is adequately maintained. Consult your doctor from **veins clinics san Jose** first before using it.

You can choose any one of the above-mentioned methods from **veins clinic la Jolla**, the only important thing that should be considered is to consult with your doctor first as it will help to determine the problem and offer you the most appropriate procedure at **veins clinic san Jose**.