

What are Some Less Invasive Treatments for Varicose and Spider Veins?

Varicose veins are often painful and embarrassing for those suffering from them, making treatment urgent for many individuals. There are plenty of minimally invasive **vein treatment** options available that have helped patients overcome this condition without invasive surgical procedures that may require a general anesthetic and a brief stay in the hospital, but more conservative means also exist that are often used before **vein specialists** will recommend any treatment.

Of course, it is important to discuss treatment with a [vein specialist san diego](#), and patients are encouraged to explore their treatment options, but considering conservative approaches to treatment may be a worthwhile cause. In some cases, insurance companies may require that patients try conservative measures such as wearing compression stockings or losing weight before they will cover any procedure.



Types of Minimally Invasive procedures

Other conservative means of **varicose vein treatment** may include a change in diet, elevating the legs, or exercising. Keep in mind that these conservative measures will not eliminate varicose veins, but may improve symptoms. The only way to eliminate the veins is to destroy or remove them.

If these conservative means of treating varicose veins are unsuccessful, patients may be encouraged to explore minimally invasive procedures such as foam sclerotherapy. This is a procedure that involves injections of a foam sclerosant that irritates the vessel lining, causing

the vein to shrink, collapse and eventually disappear entirely. Foam sclerotherapy may be used for smaller varicose veins, but it is typically used for **spider vein treatment**.

Endovenous laser ablation is another minimally invasive procedure that has helped patients find relief from varicose veins. The insertion of laser fiber is being inserted in this procedure into the problem vein. According to the **vein doctor san diego**, the fiber is slowly heated using low energy to destroy the problem vein. The vein shrinks and collapses, thus eliminating the appearance of the condition and any symptoms.

What are the Recovery instructions patients should follow?

Patients may be encouraged to walk after treatment to encourage blood flow, although patients are encouraged to follow the recovery instructions given to them by the [vein specialist near me](#). Most individuals are able to return to work or resume other normal daily activities within a few days of minimally invasive treatment, while some are able to resume normal activities immediately following the procedure.



One of the benefits of minimally invasive or non-invasive **vein treatment near me** is the lower risk of side effects often associated with them. There may be possible side effects such as microembolisms in the treatment area with foam sclerotherapy or deep vein thrombosis, phlebitis, tingling, or numbness in the treatment area in endovenous laser ablation, and other complications, although risk and complications are often less than with more invasive treatments. Several benefits such as faster recovery time, smaller incisions, scarring, and reduced pain are offered to patients in this type of surgery. It offers a high accuracy rate as compared to traditional open surgery.