

What Happens If Varicose Veins Left Untreated?

Varicose, for a few people, can be an aesthetic problem, but it can cause a severe health issue if not treated. Varicose veins look unattractive, and some people treat them due to their insight appearance. Because of this, many people wear long pants or trousers to cover the problem rather than seek medical treatment. The varicose veins can worsen over time and even cause serious health problems. So what exactly are varicose veins, and [when to see a vascular doctor](#)? And what may happen if left untreated?

Varicose veins are enlarged veins mainly occurring in the legs and feet, visible through the skin because of their gnarled or discoloured appearance. Varicose veins occur when the valves do not work correctly or do not flow the blood forward. This prevents the blood from flowing easily and effortlessly back to the heart, and this causes blood pooling in the vein and causes varicose veins. Varicose veins can appear differently in shape and colour.

Left Untreated

Untreated varicose veins can lead to one or more of the following conditions because the blood continues to collect in the vessels and frequently aggravates the situation.

When varicose veins are left untreated, the veins deteriorate, causing more pain and swelling in the legs. The agony will start, persist, or worsen.



This may only sometimes be the case if you have varicose veins but don't experience any discomfort. Untreated varicose veins may lead to the onset of pain or an exacerbation of existing pain.

Even if a person has varicose veins but is not currently exhibiting any signs, this does not guarantee they will never have any symptoms. So it is essential to consult a vein doctor. The longer the varicose veins are left untreated, and you may

experience pain sooner rather than later. [What Kind of Doctor is a Vein Specialist?](#) A vein specialist or phlebologist will treat and diagnose your varicose veins.

- **Tiredness and weakness.**

If you do not treat varicose veins, it can lead to tired legs and weakness in the legs. The pain will worsen with time, and you may get fatigued soon and more severely. This can significantly impact individuals with active lifestyles or occupations requiring them to be on their feet all day.



- **Ulcers.**

Over time untreated varicose veins can cause ulcers and develop into open sores. This can infect your leg and can lead to severe problems. With time, the ulcers develop and may also bleed sometimes, making healing harder.

- **The swelling may get worse.**

The untreated varicose vein will start developing swelling, and swelling levels will worsen over time, causing pain and even more discomfort. Your quality of life may be impacted by this, which can be unpleasant and unbearable. Your chance of contracting infections also rises with chronic edoema.

- **DVTs (blood blockages) can happen.**

If varicose veins are not treated, deep vein thrombosis, a severe disease in which a blood clot forms in a deep vein, can occur. The possibility of blood clots becoming loose and lodged in the lungs makes this condition severe. If you have signs of arterial health, consult your doctor.

In Conclusion:

You may also notice other diseases occur if varicose veins if left untreated, varicose veins can lead to lipodermatosclerosis, potentially fatal deep vein thrombosis, blood clots, and other conditions. If varicose veins are not treated, they will worsen and cause more discomfort, harm, and other symptoms may arise. This is why getting help from a vein specialist is necessary.