

What Treatment Options Are Available For Varicose Veins?

Do you have varicose veins problem? Don't worry several treatment options can help alleviate the pain. Varicose and spider veins are vein diseases that can create more health problems if not treated. It can stop blood flow to the heart, which can be severe.

A vascular doctor is a specialist who treats your vein disease and arteries problems. If you have a vein problem, visit your vascular doctor to know the reason for the pain and know your treatment options. If you do not treat your vein problem, it may develop into more severe pain and risk your life.

You must make an appointment with a physician to determine if your leg pain is due to damaged veins. The expert will identify the cause of your pain and treat it appropriately.



Self-Management Treatment Options for Varicose Veins.

If you have symptoms of pain and a change of color in your veins. It is good that you try self-management treatment options to get some relief. Do you know there are several self-management methods for treating varicose veins

Visit your vein specialist doctor, and ask them for pain management advice to get relief from varicose veins. These are the following tips if you have varicose veins:

- Do some regular exercise
- Reduce your weight.
- Raise your legs.
- Put on compression socks.

Also, some medical professionals may recommend you some medicines to treat your problems. After attempting these activities, if your varicose veins still hurt you, then it is time that you should consider seeking more invasive treatment options to treat it.

Treatment Options for Varicose Veins.

You have options for varicose vein treatment, including less invasive procedures or surgery. Every approach seeks to eliminate or lock off the varicose veins permanently.

Surgical Procedures:

Surgery was the only treatment for those with varicose veins for many years. A surgical procedure entails an incision to locate the varicose veins to be ligated and possibly eliminated (stripped). In the first five years following surgery, there is a 50% chance that varicose veins will reappear. It's also critical to understand that vein surgery risks discomfort, bleeding, scarring, infection, and deep vein thrombosis.



Less Invasive Treatment Options for Varicose Veins:

Treating varicose veins is necessary to eliminate pain and the purple and blue veins that cause an unattractive look. These less invasive procedures for varicose veins and the success of the treatment encouraged the less invasive treatment options.

These processes can be conducted in an outpatient environment. Your doctor may give you any anesthesia if needed. They may only require an injection of a local anesthetic to numb the skin.

Sclerotherapy:

Scarring agents are injected into the vein during sclerotherapy. You should know that endovenous ablation is more effective for treating varicose veins than sclerotherapy for spider veins, a smaller variant of varicose veins. You should talk to your doctor about options and which one is good for you.

Endovenous ablation:

Using a catheter or tiny tube, heat is delivered to the inside of the varicose vein to cause it to seal off. A laser fiber or radiofrequency waves produce heat. Endovenous treatments have a success rate of between 84 and 94%.

Microphlebectomy:

A tiny nick in the skin forms on the varicose veins' surface. The vein is taken out using a specialist tool. In conjunction with endovenous ablation, this is frequently employed.

In Conclusion:

You may find many providers saying they are vein experts. When considering your treatment options, choose a well-qualified provider, such as a vascular surgeon or an interventional radiologist.

Consult the vein specialist and ask, "[Are varicose veins covered by insurance?](#)" You should be sure about the doctor before starting your treatment.

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