

The Role of Self-Care and Medical Interventions in Varicose Vein Treatment

Varicose veins are a common condition that can cause discomfort and embarrassment, but they can be prevented and managed through lifestyle changes and self-care tips. By making healthy choices such as exercising regularly, maintaining a healthy weight, and avoiding sitting or standing for long periods, you can reduce your risk of developing varicose veins in the first place.

In this article, you will learn how to save your life with self-care measures and [When to see a vascular doctor](#) then what treatment should give you, when self-care doesn't work.

Treatment

Treatment for varicose veins may include self-care measures, compression stockings, and surgery or procedures. Varicose vein treatments are frequently performed as outpatient operations. It follows that you can usually return home the following day.

Are varicose veins covered by insurance?

You might wonder and ask your insurer if varicose vein treatment is a covered cost. If it is done only to make your legs look better, this is called cosmetic treatment, and your insurance might not cover it.



- Self-care

Some things you can do to ease the pain of varicose veins include exercising, elevating your legs while sitting or lying down, or wearing compression stockings. Self-care measures can also keep veins from getting worse.

- Compression stockings

Wearing compression stockings throughout the day is often the first method. The stockings put pressure on the legs, helping blood flow to the veins and leg muscles. The pressure varies according to the type and brand.

Compression stockings are available at the majority of pharmacies and medical supply stores. You can also find prescription-strength stockings. If your varicose veins cause symptoms, insurance may cover prescription stockings.

Surgeries or other procedures

If self-care steps and compression stockings don't work or varicose veins are more severe, then you may question [what are the treatment options for varicose veins](#). There are different types of treatments that professionals may suggest for your health, such as surgery or other procedures.

- Sclerotherapy.

A medical expert will inject a foam or solution into the varicose veins to seal and scar them. Treatment-related varicose veins should go away in a few weeks.

Some veins might need shots more than once. You don't need to be asleep for sclerotherapy. It can be carried out in a medical professional's workspace.

- Laser treatment.

Strong light bursts are applied to the varicose vein during laser treatment. As a result, the vein gradually disappears until it is invisible.

No cuts or needles are used.

- Catheter-based procedures using radiofrequency or laser energy.

This procedure is the most common treatment for larger varicose veins. A healthcare professional inserts a thin tube called a catheter into an enlarged vein. Radiofrequency or laser energy heats the tip of the catheter. As the catheter is removed, the heat destroys the vein by causing it to cave in and seal shut.

- High ligation and vein stripping.

The procedure involves first tying off the varicose vein, then the spot where it joins a deep vein. The next step is removing the varicose vein through a small cut. This is an outpatient procedure for most people.

Removing the vein will not stop blood flow in the leg. This is because the deep veins in the leg take care of a large volume of blood.

- **Ambulatory phlebectomy.**

Smaller varicose veins are removed by a medical practitioner using microscopic skin pricks. Only the parts of the leg being pricked are numbed in this outpatient procedure. Most often, there's not much scarring.



How much does varicose vein treatment cost? Treatment options for varicose veins include lifestyle changes, such as exercise and wearing compression stockings, and medical procedures, such as sclerotherapy and laser therapy.

It is important to remember that the degree and stage of varicose veins affect how much treatment will cost. Only an expert Vascular & Endovascular surgeon or a vein specialist will give you a clearer picture of the cost of treatment. It is important to remember that the cost of medical care might change over time, therefore the best way to get the most accurate and current information on treatment costs is to speak with a doctor or vein expert.

Preparation for your appointment

If self-care steps and compression stockings don't work. So, you reach out today to schedule an appointment and see how a vascular specialist could help you seek the best possible health outlook.