

What Are The Treatment Options Available For Varicose Veins?

The **treatment options for varicose veins** depend on the patient's condition, as treatment varies from person to person. Some people require complex treatment, while others cure with home remedies or self-care measures. It indicates that the line of treatment for varicose veins depends on how severe your condition is.

When you visit a doctor's clinic for varicose vein treatment, healthcare professionals will do a complete physical examination by looking at your leg, and they might ask you to explain the pain and aching in your legs.

Healthcare professionals might recommend laser, radiofrequency, or ligation and strip for treating large veins. While smaller or spider veins are treated with sclerotherapy or laser therapy. Furthermore, some people consult with a doctor about the appearance of their legs as they feel ashamed of bluggy purple or blue colour veins. They cannot wear shorts and mini dresses in front of their friends or a group of audience. In these conditions, the [what are the treatment options for varicose veins](#) as it is possible only when the patient has no other health issues.



What Are The Different Treatment Options For Varicose Veins?

Treating varicose veins mainly aims to reduce symptoms and protect from complex situations. For some people, the goal is to improve the appearance of their legs. Let's explore the different treatment options for curing varicose veins.

Home treatment

Self-care measures or home treatment is the ideal solution only when veins are not causing any pain or itching. You can

- Compressions stockings

- Elevate your legs
- Perform different kinds of physical exercises
- Avoid sitting or standing in one position for long hours.

If home treatment does not work effectively, there are different treatments or procedures to get relief from varicose or spider veins. These are as follows:-

Laser Treatment

Your healthcare professionals may suggest laser treatment when your veins are red and swollen. Laser surgery for varicose veins also recommends when you get irritated with redness, bluish purple or blue colour and swelling. No need to be worried as veins are not a life-threatening disease, but they can be painful. Strong, thin beam layers of light are sent into the vein, which fades away the vein gradually. No cuts or needles are used in this treatment.

Sclerotherapy

Sclerotherapy is an outpatient procedure which can be performed in the doctor's clinic or office. A doctor injects the chemical solution into the vein to close those affected veins. This treatment of varicose veins is suitable for treating smaller veins. After the completion of treatment, impacted veins fade away gradually as time passes. The same vein can be used to inject more than one time.

Vein ligation and stripping

Doctors eliminate varicose veins through small incision incisions (cuts) in the skin. Professionals can use this treatment to remove one or more varicose veins. Vein ligation and stripping treatment are often used to treat twisted and swollen veins near the skin's surface. It is commonly found in the ankles or legs.

Conclusion

We have covered almost all treatment options for varicose veins. I hope you get the correct information about varicose veins. Moreover, the information mentioned above helps you choose the correct line of treatment, or you can also ask a doctor.

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