

What are the Modern Treatments for Varicose Veins

A common condition characterized by bluish or purple bulging veins is said to be varicose veins. This condition can develop on any part of the body but most commonly it is developed in the legs and feet. Due to the increased pressure of walking and standing, varicose veins occur most often in the lower extremities. Up to 25 percent of American adults at some point in their lives experienced this condition but there is various [veins treatment](#) available.

Due to their appearance, spider veins and varicose veins are undesirable. From this condition, the people who are suffering can develop a self-conscious habit of trying to cover or disguise the veins. This is not only a cosmetic issue, however. The veins cause pain and itching for some people and can cause serious problems if left untreated. Varicose veins can indicate an increased risk of circulatory disorders in some cases.



What are the most common initial treatments?

For varicose veins, the most common initial **vein treatments** include a number of self-help methods. These include dietary changes, lifestyle modifications, and the use of compression stockings. Depending upon the severity and discomfort of the condition, additional treatments are available. Most modern techniques do not require a lengthy hospital stay or recovery period because they are minimally invasive.

Discuss other options with your [vein doctor Paramus](#), before deciding on surgical treatment. Elevating the legs, exercise, wearing compression stockings, weight loss, and avoiding sitting or standing for long periods of time can help prevent the condition or slow its

progress. The doctor may recommend more specialized treatments if these methods don't cause an improvement.

VNUS Closure Procedure- New method of treatment

For varicose veins, one of the most promising **varicose vein treatments** is the VNUS Closure Procedure. As compared to several other traditional options, this is a minimally invasive treatment that results in less bruising and less pain. By inserting a catheter into the affected vein and applying heat this procedure is performed, causing the collagen in the vein wall to shrink and close the vein. As soon as the affected vein is sealed the blood will re-route to other healthy veins.

The procedure is performed through a small incision in the lower leg with the closure treatment. The need for more complicated surgery requiring general anesthesia is eliminated by this. In a doctor's office under local anesthesia, this procedure is commonly performed. It results in less pain and bruising as well as a much quicker recovery period since this treatment does not require removing the problematic vein or other painful procedures. In a much shorter period of time than with other procedures, this **vein treatment** allows patients to return to their normal daily routine.



Why this method is considered effective?

A 97 percent efficacy rate boasts by the VNUS Closure procedure which means it is very effective as well as being gentle on the patient. Making it more cosmetically appealing than treatments requiring invasive surgical techniques and it also results in minimal to no scarring. The other **varicose vein treatment Paramus** as well as this treatment are generally very effective. Not all treatments are right for every patient, however, it is important to remember.