

# What are the Popular Non-Invasive Treatments for Varicose Veins?

The twisted and swollen veins that appear under the skin are said to be varicose veins. They are most often seen in the legs and they are usually bluish or red in color although they can develop in other parts of the human body. Varicose veins are more often seen in women than men and they are not uncommon. When the valves of your veins which are supposed to keep blood moving up to your heart fail this disorder happens and allow the blood to back down into the vein. This condition is the reason for the swelling of the veins and can be treated with the help of a **vein specialist**.

Most varicose veins don't cause much trouble as they are usually negligible but in some individuals, they can cause a lot of serious conditions such as pain and swelling of the affected leg, and blood clots. In different ways, varicose veins can be treated and symptoms of milder conditions can be managed by ensuring proper blood flow especially in the leg area. But if it makes you suffer pain and sores that don't heal and the condition gets uncontrollably worse then it is time for you to go to your [vein doctor NJ](#) to ask for treatment.



## What are the various common methods?

Here are some common types of **varicose vein treatments near me** that your doctor will possibly recommend:

1. Ablation-

It is a type of **vein treatment** in which we use the heat to close off and destroy the vein which vanishes over time.

## 2. Laser Therapy-

To make you avoid surgery, laser therapy is usually done on the veins. Mainly there are two types of laser therapy for [varicose vein treatment](#), Endovenous laser treatment which is done to close off larger varicose veins instead of performing surgery to remove them, and for the removal of spider veins, Simple Laser Treatment is applied.

## 3. Valve Repair-

In the leg, this is performed through the creation of a small incision to facilitate the repair of the damaged valve.

## 4. Sclerotherapy-

It is a **varicose vein treatment NJ** process in which saltwater is injected into the vein with the use of very fine needles. These treated veins get hardened by the saltwater solution and make it disappear.



## 5. Vein Stripping-

On swollen or aching veins, vein ligation or vein stripping is usually performed. In order to facilitate its removal, it is done by creating a surgical cut near the damaged vein. For people who are suffering from medical conditions or poor circulation in the leg area, this **veins treatment** is not advisable.

## Conclusion-

To treat varicose veins these are some of the most popular ways. Chances are you will have this disorder too if your family has a history of this. The fault in your veins may have started to develop if you notice that your legs are heavy, feeling full, and sometimes painful.

By observing a few measures such as maintain constant blood flow in your legs, wearing compression stockings, and raising your legs above your heart several times a day to keep the blood in your legs moving up to your heart also you should control or prevent the development of this disorder.