

# What Treatment Options Help With Reducing Varicose Veins?

If vein treatment is required, your vein specialist could first advise taking care of yourself at home.

It could entail:

- Putting on compression socks
- Regular exercise and avoiding prolonged standing
- elevating the afflicted area when resting

## Compression stockings

For certain people, compression stockings are not appropriate. You'll need to get a Doppler test to assess your blood circulation before they can suggest it for you. They specifically make Compression stockings to pressure your legs gradually to enhance circulation. Usually, they are the tightest around the ankles, and as they move up your leg, they progressively loosen.

Blood is encouraged to move upward and toward your heart as a result. They can reduce the swelling, inflammation, and soreness in your legs by varicose veins. However, it is unknown if the stockings aid in preventing varicose veins from worsening or from developing new ones. Below are some other treatment options if you want to know [what are the treatment options for varicose veins](#).



## Sclerotherapy

The treatment involves injecting a special foam-like solution into your veins, and the foam scars them, sealing them closed. This varicose vein treatment method may not suit you if you previously had deep vein thrombosis. They use an ultrasound scan to guide the injection into your vein, and it is possible to treat multiple varicose veins in the same sessions. Typically, foam sclerotherapy is performed under local anesthesia, which numbs the area they are treating with a painkiller.

Your varicose veins should disappear a few weeks after sclerotherapy, and stronger veins replace the damaged vein, which no longer carries blood. Before the vein disappears, you might need more than one treatment, and there's a possibility that the vein will resurface. Although sclerotherapy is beneficial, the long-term efficacy of foam sclerotherapy is still unknown.

### **Endothermal Ablation**

It is one of the first treatment options that vein specialists offer to treat varicose veins. It involves using energy either from lasers or from high-frequency radio waves. Many people ask us [how much does varicose vein treatment cost](#); it depends. Various factors affect the price of vein treatment. Ask your vein specialist for an affordable treatment plan for your varicose veins.



### **Endovenous laser treatment**

Endovenous laser treatment works by inserting a catheter or small tube into your vein and using an ultrasound scan to lead it into the correct place. They also use a catheter to insert a tiny laser, which they place at the top of your varicose vein.

The laser's brief energy bursts heat and seal the vein. The ultrasound scan guides or leads the laser as it is effectively dragged along the vein, closing it along its entire length. Vein specialists may use a local or general anesthetic during endovenous laser therapy.

### **Radiofrequency ablation**

It involves using radiofrequency energy to heat the walls of your varicose veins. A little cut is also made immediately above or below the knee to access the vein. Using an ultrasound scan, they direct a catheter into the vein. They also fill the catheter with a radiofrequency energy-emitting probe. The vein gets heated to the point where its walls give way, shutting it off.

## **Conclusion**

We hope the above-provided information will help you learn some interesting facts regarding varicose vein treatment. For further informative details regarding varicose vein treatment options, please visit [veintreatmentnj.com](http://veintreatmentnj.com).

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