

How Do Doctors Test And Diagnose Varicose Veins?

You should visit a vein center and see a vein specialist if you have severe varicose veins that need medical attention. [What do vein centers do?](#) Vein centers provide all the necessary treatment you may need for your varicose veins. Your vein specialist will perform a physical exam, including checking your legs while standing to check for swelling. They may also ask you to describe aching and pain in your legs. Your vein specialist may also ask you to clarify any aching or pain in your legs.

Tests

A vein specialist may recommend a venous Doppler ultrasound test to diagnose the varicose veins. It is a non-invasive test using sound waves to examine blood flow through vein valves. An ultrasound of the leg helps, and an ultrasound of the leg can help detect a blood clot.

In this test, a medical expert rubs a small, hand-held instrument against the skin over the body they need to check. The transducer is roughly or hardly the size of a soap bar. The monitor shows the results or outcomes after receiving images of the legs' veins from the transducer.



How to make preparations for an appointment?

To identify leg varicose veins and determine the best course of therapy for your condition, your doctor will need to examine or check your bare legs and feet. Your primary care physician might advise that you consult a vascular surgeon or a phlebologist who specializes in treating vein issues. Meanwhile, you may do several things to prepare for your appointment, such as

Make a list of

- Essential personal information, including family history with varicose veins
- Your symptoms, including those that may seem unrelated to varicose veins.
- All medications, vitamins, and supplements.

How do compression stockings help reduce varicose veins?

The first course of action is frequently to wear compression stockings all day. The leg compression provided by the stockings improves blood flow through the veins and muscles of the legs. By type and brand, compression levels differ.

Most pharmacies and medical supply stores carry compression stockings. Suppose varicose veins are the cause of your problems. In that case, you may also be able to get insurance coverage for prescription-strength stockings.



What causes these troublesome varicose veins?

Damaged or weak vein valves can result in varicose veins. Arteries transport the blood throughout the body from the heart, and veins return the blood to the heart from the rest of the body. Leg veins must defy gravity to return blood to the heart.

Elastic muscles and vein walls contractions in the lower legs help return blood to the heart. These veins have tiny valves that open to allow blood to flow toward the heart and seal it to prevent it from flowing the other way. Blood can flow backward and pool in the veins if these valves are weak or broken, stretching or twisting.

Conclusion

We hope the above-given information will give you valuable insight into varicose veins and their treatment. For more informational details regarding varicose veins treatment, please visit veintreatmentnj.com.

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