

What are the Treatment Options for Varicose Vines?

Varicose veins are huge and unsightly veins that majorly appear in the legs. These discoloured or tarnished veins are mainly cosmetic for many patients. But for others, these varicose veins can be the source of aching and pricking. These veins can also indicate an underlying vein problem that has yet to be diagnosed.

At present, due to advancements and the upgradation of multiple technologies, there are many ways and types of treatments available. [what are the treatment options for varicose veins](#) These treatments are painless and also cost-effective as there are many sources available. Fortunately, several options for those who are tired of bearing with the painful varicose veins or want to remove them for other reasons. These scarcely invasive procedures can be performed in-office during a single visit and provide unexpected results for most patients.



Generally, four prominent types of minimally invasive treatment are performed for varicose veins. Among them, the most popular and fruitful procedures include Saphenous Vein Ablation and Sclerotherapy.

Let's see and discuss the treatments in detail with their optimum benefits:

Sclerotherapy

This is a particular solution that is being injected into the affected vein. This compound causes the vein to scar and forces the blood to be rerouted to a nearby healthy vein. Through this, the affected vein eventually collapses and is later reabsorbed by the body, offering it a reason to fade away.

Saphenous Vein Ablation

This method is also termed Endovenous Ablation; in this process, radiofrequency energy is passed to seal off the affected vein. Then it is treated by providing heat to the wall to collapse and close, and then at the final step, it gets packed shut or sealed. This process is non-operative, but this is a very effective surgical treatment compared to saphenous vein ligation and stripping or varicose vein excision.

Intravenous. Laser Treatment

Endovenous Laser Treatment (EVLT) is one of the operative treatments that is highly recommended for substantial varicose veins. This treatment, also termed Endovenous Laser Ablation (EVLT), is performed for cosmetic reasons, although this is also a non-toxic yet straightforward treatment. However, it can also reduce or eliminate the painful symptoms associated with varicose veins, for example, skin irritation, swelling, ache/pain, and inflammation.

Microphlebectomy Treatment

This is commonly termed ambulatory phlebectomy. This is another effective, minimally invasive option for discarding damaged varicose veins from the legs. This is treated by removing veins through the leg's surface, that is, by using microscopic incisions. The procedure is commonly designed to treat more prominent varicose veins and is an alternative option when sclerotherapy does not show a positive outcome or is inactive.

Conclusion:

When we see all these treatments, we can say that every treatment is best and serves its purpose. However, a few painless yet effective therapies take little time and can be treated within a day or so. These treatments are being upgraded as science and technology advancements. It would be best if you took the doctor's advice when undergoing varicose veins treatments. This is because they are unique and have multiple years of experience; they can customise the treatment and the medications that must be followed after that. They will give the best and most authentic treatment depending on the initial checkups required by your leg or the other body organ.

After the treatment, it is always advisable to follow the post-precautions so that they can bring up positive outcomes. It is advised to take precautions and medications on time to avoid adverse effects.