

# How Can I Naturally Dissolve Varicose Veins?

More than 1/3 of adults are suffering from varicose veins at some point in their lives, or it may be genetic. Varicose veins can be harmless most of the time. Still, swollen, twisted, and bullying veins shouldn't be left untreated because they can cause various problems or signs of any highly dangerous disease. In this article, you will learn and know the answer to [How can I get rid of varicose veins without surgery?](#)

## When to seek a varicose doctor?

A vein's purpose is to work against gravity and send deoxygenated blood from the legs to the heart. Venous reflux disease, also known as chronic venous insufficiency, occurs when blood flows in the wrong direction because the one-way valve fails. The ineffective valve can cause blood pooling in extreme conditions. It can cause symptoms such as pain, itching, swelling, and cramping.



Venous reflux can lead to numerous issues beyond varicose veins, including chronic swelling and ulcers. Sometimes, a person can show no outward signs of venous disease but may have signs and symptoms.

## Obtaining a diagnosis

When you visit a doctor for vein treatment, you should choose a physician who is board-certified and specializes in treating problems related to the vascular system. An evaluation begins with a more focused medical history, physical examination, and ultrasound, which help doctors know the skin's health.

## Minimally invasive treatment options

### Vein Stripping

Treatment for varicose veins has been significantly more advanced than in the past few decades. You won't need general anesthesia or large incisions; this procedure is called vein stripping.

Minimally invasive treatment exists, and most veins-related problems can be treated easily and, more importantly, without surgery. The latest techniques include using heat, glue, or solution directly into the veins.

### Personalized treatment

Treatment for varicose veins is personalized and directly depends upon the signs and symptoms of the issue. Often when veins cause various health problems, your treatment for varicose veins is covered by general insurance. However, cosmetic way of therapy won't hide under insurance.

### Compression Therapy

Compression therapy is the most conservative treatment option. They are designed to apply enough pressure to subsidize pain, swelling, and discomfort. For them, you don't need a prescription.

### Endovenous ablation

Endovenous ablation is a treatment and technique that uses heat in the form of radiofrequency or laser to cauterize damaged veins and divert blood to healthy veins. But the question arises; [Is it worth getting varicose veins removed?](#)



A type of medical adhesive called Venaseal doesn't require a heart and is one of the best treatments for damaged veins near the skin. **But what is a varicose vein specialist called?** A phlebologist or vein doctor is a medically qualified doctor who treats and evaluates many forms of vein disease: varicose and spider veins, clotting, and ulcer.

## Conclusion

There are various things or habits you can change in order to subsidies symptoms of varicose veins. However, you should consider visiting a vascular surgeon if you don't find any relief.

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