

What Are The Earlier Signs and Symptoms Of Varicose Veins?

For many people, varicose veins are just a cosmetic issue, but they can be a severe issue for some people. By looking at the symptoms of varicose veins, you can tell whether they are severe or cosmetic. Symptoms of varicose veins may indicate Chronic Venous Insufficiency (CVI).

Some of the symptoms of varicose veins are:

Swollen feet

You may risk developing varicose veins if your feet and ankles are swelling.

If you notice this regularly, it can be a problem. If it happens once, you may not need to worry about it. It's likely an early warning sign if it swells daily.

Achy legs

If your legs ache a lot after walking or performing physical activities, you may have concerns to look for. Varicose veins can occur if you have achy legs.



Spots on lower legs

Check for red spots on your legs. If you notice swelling in your legs, red spots indicate that you may have varicose veins. It might be an early sign of varicose veins. Talk to your doctor and treat them soon, as the blood vessels in your legs may have weakened and can burst.

Diagnosis and treatment

To check the blood flow in the veins is proper, your doctor may diagnose with an ultrasound; treating varicose veins can help reduce the chance of new varicose veins.

Your doctor may suggest some changes to cure the varicose veins, like changes in lifestyle, such as losing weight if you're overweight.

Exercise and elevate your legs to help the blood flow quickly. Your doctor will provide you with compression stockings to squeeze the veins. There are many treatments available to treat varicose veins.

Treating varicose veins early can lead to more superficial treatments. If left untreated, it can cause pain and other symptoms.

Generally, varicose veins can also develop on other parts of the body but usually appear in the legs.



You do not feel pain in all varicose veins; it is likely to feel pain in only one vein.

Varicose veins are identical to spider veins, but you can see differences in appearance, varicose veins, are enlarged veins

Is it worth getting varicose veins removed?

Is it worth getting varicose veins removed? Maybe yes, when it is getting more severe, because all varicose veins do not need treatment. Some varicose veins can be cured easily by daily exercise and wearing compression stockings. If your varicose veins are not rendering you discomfort and pain, you may not need to have treatment, but make sure to treat them. Treatment of varicose veins is only essential to ease the symptoms; if your varicose veins are causing you pain or discomfort, you need treatment for it.

Conclusion:

Treating varicose veins on time can heal them early and saves your cost. Visit your surgeon if you feel pain and discomfort. **When to see a vascular doctor?** The best time to see a vascular specialist is when you see the symptoms of vein disease. You should treat them rather than leave them untreated.

Article Source : <https://www.wellbeingcares.com/what-are-the-earlier-signs-and-symptoms-of-varicose-veins/>