

# All You Need to Know About Veins and Their Treatment

If you are struggling with varicose veins, then you may have a lot of anxiety about exposing the twisted and enlarged veins lying just under the surface of the skin. While they are usually not serious, it is common to be self-conscious about them, and if not diagnosed properly, they can occasionally lead to other issues. If you are suffering from enlarged veins, you may be wondering what you can do about them. From hiring a vascular [vein specialist long island](#) to get rid of your varicose patterns or choosing an alternative route, here are plenty of options to help.



## What are varicose veins?

These unsightly veins are caused by the weakening of calves and veins, usually in your legs and ankles. Your veins have valves that, when working properly, however, blood collects in these veins, causing pressure to build up. As a result of that pressure, the vein can become large, dark, twisted, or weakened to a further degree.

## What are the causes of veins?

Several things make you sensitive to weakened veins, although there is rarely one specific cause. Rather, the condition is usually a result of several different lifestyles and genetic factors. For instance, veins typically run in the family, if your mother or grandmother has them, you might too say a [vein doctor near me long island](#). Also, as you get older you run

a greater risk. Finally, if you are overweight, pregnant, or if your line of work requires you to stand for long periods, these conditions increase the pressure in your leg veins, leading to the visible leg veins.

### **How can you do a diagnosis?**



One upside of this condition is that it is quite easy to see, especially when standing, so diagnosis is often simple. Your **vein doctor long island** will examine your legs and feet, checking for tender areas, swelling, changes in the color of the skin, sores, or other signs of more serious problems. These symptoms may be a sign of a blockage deeper in your vein system known as deep vein thrombosis, which may require more advanced treatment.

### **What is home treatment?**

For most cases of varicose veins, [vein treatment South Shore](#) may be completed easily at home to ease symptoms and prevent veins from getting worse. For instance, you can keep your legs elevated, wear compression stockings or socks, avoid standing or sitting in the same position for long periods. Finally, getting more gentle, aerobic exercise strengthens your veins and makes your blood flow more efficient, often removing the blockages that cause visible veins.

### **What is the advanced treatment?**

If you want to get rid of your varicose veins altogether, there are several options. Out-patient **vein treatment Hamptons** such as sclerotherapy, laser treatment, or radiofrequency to remove and close off the vein. On the other hand, a vascular surgeon may recommend a phlebectomy or ligation to physically remove the vein. After receiving a diagnosis, a consultation with a surgeon will help you find the best **vein treatment on North Shore** for your needs.