

WHAT HAPPENS IF YOU DON'T REMOVE VARICOSE VEINS?

Do you have bulging veins in your legs? You may have been experiencing pain & discomfort, which requires immediate attention from a vein specialist. But, "[What kind of doctor is a vein specialist?](#)" There are several types of doctors who treat venous insufficiency, such as; Phlebologists, Vascular surgeons, Interventional radiologists, and Cardiologists.

- Phlebologists are specialists qualified to treat vein diseases like varicose veins, spider veins, and blood clotting.
- Vascular surgeons are also trained doctors to treat venous insufficiencies.
- Interventional radiologists are endovascular specialists who specialize in diagnosing and treating various blood vessel issues, such as peripheral artery disease and varicose veins.
- Cardiologists are qualified doctors in the cardiac system, including vein arteries and blood vessels that help the blood to flow throughout the body.



Since our medical facilities have been so advanced, it has been easier to treat your varicose veins. You can also manage varicose veins by changing your lifestyle and diet. However, if the varicose veins cause major health issues like pain, inflammation, and hotness over the affected area, you may need a vein surgeon to treat varicose veins. Therefore, one should know when they require medical attention and when they can manage these abnormal veins using DIY methods. Now, you must have learned, "[what is a varicose vein specialist called.?](#)"

When do my vein conditions not need treatment?

Varicose veins don't always cause symptoms. If your veins aren't bothering you all that much, you can get away with making a few lifestyle changes to slow the condition's progression into aches, swelling, and itching. Wearing compression stockings, getting enough exercise, managing your weight and diet, and elevating your legs for a few minutes daily can help keep your varicose veins in check.

When do my varicose veins require treatment?

If you are experiencing any of these varicose vein symptoms, you should consult a doctor or, at the very least, seek specialist advice. Pain, tiredness, stiffness, and burning can begin to interfere with your life, and some people cannot go through with some activities. For now, one can finally alleviate the worst of it using compression, elevation, and gentle exercise, but in order to end symptoms, one has to submit to medical treatment.

Signs and Symptoms:

This list of the signs that should make you seek varicose vein treatment.

However, what must be understood is that varicose veins progress, and problems can worsen if left untreated. What can be symptoms for one? What can be what to worry for another, and what is not a worry for another? Below are some of the main symptoms that are related to varicose veins and when you should go to see someone about it.



Swelling

- Usually fine: Some inflammation that may occur at the end of the day becomes mild and painless, after which it disappears when you sleep.
- Speak to your doctor if this swelling occurs more than three to four days a week, is in areas other than the ankles, or is painful.

Pain

- **Usually fine:** Mild pain and soreness, which one can describe as twinges or a warm feeling occasionally.
- Speak to your doctor about leg pains characterized by contraction or burning, chronic pain, or pain that comes in cycles of entry-level or severe.

Appearance

- Usually fine: These are small marks or small folds of the skin that are spider-shaped or protruding bodily parts that are not more than the size of a thumbnail.
- Speak to your doctor about skin discoloration, swollen big veins, and tortuous vessels that move up and down every time he moves.

If you're unsure what to make of it, speak to your GP or a vein doctor.

Is it worth getting varicose veins removed?

If your varicose veins aren't bothering you, you can get away with at-home symptom management. But If you have a blood disorder, your varicose veins are causing you aesthetic or physical discomfort, or you feel that your symptoms are worsening, then varicose vein treatment is worth it. And the effectiveness of modern treatment methods makes it even more so.