

# What Complications Can Occur During Varicose Veins?

Varicose veins can be treated if you treat them on time; varicose veins commonly impact the veins in the legs and ankles because of standing or sitting a lot.

For some people, mild variation of varicose veins is a cosmetic consideration. Still, for some people, it can be an aching pain and discomfort to the legs. And sometimes it may lead to more-deep issues. [What is a vein doctor called](#) A specialist specializes in treating vein disease and helping you relieve the pain with different treatment options.

Not all people have the same pain and discomfort with varicose veins, but some can.

Complications are rare but can include:

- Formation of blood clots in the legs and ankles.
- Bleeding near the skin area.
- Having ulcers on the skin near the varicose veins.



**To avoid these complications, treat varicose Veins.**

Veins are essential and provide blood to the whole body, from the legs to the heart. But after age, veins stop working correctly, become narrow, and stop functioning when the valves are damaged, blood flow becomes improper and leads to blood pooling. You may see discoloration in the veins if you have varicose veins.

**Pooling of blood** causes the veins to stretch and enlarge. Consult your doctor to see how to treat varicose veins and the treatment options for varicose veins. The appearance of veins and symptoms can get worse over time and may lead to more severe complications, including:

**Venous Insufficiency** - this leads to discoloration of veins and swelling in the legs, which can lead to severe vein disease.

**Restless Leg Syndrome (RLS)** —you may feel uncomfortable sensations in the legs and an irresistible pain and impulse to remove them while sitting or lying.

**Skin and foot ulcers** —very hurting ulceration and sores can form on your legs, feet, toes, heels, and ankles, taking time to heal.

**Deep Vein Thrombosis** —is a life-threatening condition where blood clots form and reduce the blood flow in a vein.

**What doctor treats varicose veins?** Doctors like phlebologists, cardiologists, dermatologists, plastic surgeons, and even general surgeons can help you treat varicose veins and other vein diseases.



### Prevention tips

Varicose veins may not be prevented entirely, but taking care can help relieve the pain. These following steps may help prevent varicose veins from worsening if you already have small varicose veins.

1. Exercising can help you improve your blood circulation and prevent blood pooling in your veins.
2. You should try to manage your weight as heavy-weight people tend to have more varicose veins symptoms if you carry extra weight, which can add pressure on your veins and lead to vein disease.
3. Minimize the use of salt, as too much salt, can raise your blood pressure and can cause fluid retention.
4. Avoid wearing fitting clothes and high heels. Heels and tight clothing can affect the blood flow and pool in weaker veins.
5. Elevating your legs toward the heart level can help reduce fluid retention and blood pooling in your legs.
6. Avoid standing or sitting for an extended period.
7. Do not smoke if you have varicose veins or symptoms of vein disease, as nicotine can cause blood vessels to tighten, restricting blood flow and increasing blood pooling.

## Conclusion:

Visit your doctor soon if you see any symptoms, uneasy pain, or discomfort in your leg. It is easy to treat an early sign of disease, and your doctor may provide you with compression stockings to get relief from the pain.

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