

# DIY Techniques to Remove Varicose Veins without Surgery

Varicose veins are enlarged, twisted veins that are usually bluish-purple in color. It is a common condition.

Home remedies can help ease the symptoms of this condition. These include self-care measures such as exercise, wearing compression stockings, losing weight, and more.

This article discusses how home remedies can help reduce the appearance and discomfort of varicose veins. **Is it worth getting varicose veins removed?**

## Home Remedies for Varicose Veins

Often, varicose veins can be managed using simple self-care practices. if you think, "**How can I get rid of varicose veins without surgery?**" You can get rid of varicose veins without surgery to maintain the exercise compression stocking, etc.

Here are some natural remedies you can use at home to help lessen varicose vein discomfort.

### Exercise

Doing daily exercises for the legs and ankles can help reduce the symptoms of varicose veins. Exercises that activate the calf muscles, such as walking or standing on your toes with your ankles lifted off the floor, can help move venous blood from the legs back to the heart.



### Compression Stockings

Compression stockings can be worn to prevent blood pooling in the lower legs. They work by putting the most pressure on the foot or ankle and gradually reducing pressure higher up the leg.

Compression stockings are available in different styles and with varying degrees of compression. You can get them at your local pharmacy or medical supply store. However, some types of stockings may require a prescription.

### Wear Loose Clothing

Avoid wearing tight clothing, particularly items that constrict the waist, groin (upper thigh area), and legs. This can restrict venous blood flow from the legs to the heart, worsening varicose veins.

### Elevating leg

Elevating the legs above the heart for 15 minutes three or four times daily can reduce swelling and help relieve other symptoms associated with varicose veins.

Try taking breaks throughout the day to elevate your legs.

When doing this, keep your feet above the level of your heart; sitting with your feet on a stool will not improve venous drainage from the legs.

### Eat more flavonoids

Flavonoids are natural compounds found in fruits, vegetables, grains, bark, roots, and other plant tissues. Some research suggests that flavonoids may help reduce the pathophysiology (physical processes associated with disease) of varicose veins and improve venous tone.

Eating a diet rich in flavonoids may benefit people with varicose veins.



Exercising regularly will help prevent spider veins and provide other health benefits. Swimming, biking, or a simple walk will strengthen your veins and help prevent them from expanding. If your varicose veins are becoming bothersome, consult your doctor about [what kind of specialist treats varicose veins](#) in your situation. It is preferable to undergo a procedure or surgery.

After the surgery, you asked, "[Do Spider Veins Come Back After Laser Treatment?](#)" The short answer is yes, because over time new spider veins may appear in different parts of your body or in the

same place where you had treatment. Old spider veins will go away, but it is possible for new ones to appear.

## Conclusion

If you sit all day, getting up for a few minutes each hour and moving around will help. A balanced diet with lots of fresh foods will also help reduce the appearance of spider veins.

Changing your lifestyle and maintaining home remedies like wearing compression stockings, elevating your legs, maintaining a healthy weight, getting regular exercise, and eating a diet rich in fruits and vegetables may also provide some benefits.

Discuss alternative treatment options with your healthcare physician if your varicose veins are starting to affect you.