

# How To Treat Varicose Veins Without Surgery?

Are you someone suffering from the Varicose Vein but still doesn't know whether it is true then? You may need to learn what varicose vein disorder is and what the steps are to treat varicose vein treatment. To know further and grab the information regarding the treatment, continue reading further and capture the information.

## What does the Varicose Vein mean?

Varicose veins are usually twisted or enlarged veins. These veins are near the skin's surface that can become varicose.

These veins are commonly seen in the legs or the ankle. The color of these veins is red wine or green color. There are also chances that these veins seem like a spider web that implements the cluster of the veins.



These veins are very close to the external skin surface and can become varicose.

Now after gaining knowledge about the varicose Vein and its appearance.

Are there any possible reasons for the Varicose Vein? Continue reading further to know more about the same.

## Reasons for treating the Varicose Vein are :

- The most possible and common issue can be the pressure you feel in the legs while standing or walking for so long. This might create high pressure, leading to varicose vein treatment.
- This might also be due to a certain age or when you get old.
- There are also chances in a woman when she is on the edge of menopause; this might be due to hormonal changes in the woman.
- Pregnancy and the intercourse period will also be the other cause when we take women considering gender.
- This can be due to the family genetics problem or the family history.

- This might be left unnoticeable, and the treatment should have been provided to them.

## What kind of specialist treats varicose veins?

A vein specialist, a phlebologist, treats the varicose VeinVein. These doctors are experts and own specialization in this field by their experience. This surgeon uses a venous doppler optimized chiefly to navigate the veins by levitating on the patient's skin to diagnose the whole situation of the vascular vein treatment.

## How can I get rid of varicose veins without surgery?

The varicose Vein can be treated by the patient by consistently following the non-inflammatory diet and also by treating this by giving the appropriate rest to your legs and not by standing or walking for a longer period. This is done by treating it, and keeping the legs in the elevating position, which will assist you in enhancing blood circulation in the leg. Moreover, this can also be treated with ointments under the doctor's observation.

## Conclusion :

We want to conclude this by mentioning other specific procedures your specialist might advise you to undergo. Taking the consultation session before proceeding with the treatment is better, and this process is safe and will not give you any pain or suffering. The recovery period for this is around or between one week and six weeks, which also does not require a hospital stay.



At last, we hope that you liked the article and now have the knowledge or answer to the questions like [what kind of specialist treats varicose veins](#) ?, [How can I get rid of varicose veins without surgery?](#) , [What doctor treats varicose veins?](#)

We thank you for giving your time to read this and increasing your knowledge regarding vein treatment.

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