

How to Treat Varicose Veins Without Surgery?

Nowadays, it is common to have vein disease. Every three adults over 45 develop a kind of vein disease. You must treat the condition if you are experiencing signs like discoloration, pain, discomfort, or leg ulcers. All of these can be a reason to have a varicose vein.

Treat varicose veins at a time to avoid more severe complications. As soon as you see any symptoms get to your doctor immediately and take the medications.

Maybe you are thinking, "[what kind of doctor treats veins?](#)" "[what kind of specialist treats varicose veins](#)" the specialist diagnoses, treats, and treats disorders in your arteries, veins, or blood vessels. They treat a range of health concerns, from spider and varicose veins.

Your surgeon may provide you with compression stockings in the beginning to encourage blood flow and will avoid the other treatment procedures. Suppose the compression stockings do not show any result and do not provide any relief to the legs. In that case, your surgeon will opt for another option.



Because compression therapy is the most conservative treatment option for treating varicose veins, compression stockings are designed to apply constant pressure to the legs to alleviate pain, discomfort, and swelling and do not require any prescription. Doing exercise can also benefit a lot.

These minimally invasive treatments for varicose veins without surgery are:

Sclerotherapy

Sclerotherapy can be done in a doctor's office no need to stay up in the hospital for large incisions for varicose veins treatment. The surgeon injects a liquid or foam sclerosing agent with a chemical solution into the affected veins. This procedure makes the veins disappear and allows them to vanish safely. You get relief from uncomfortable pain and discomfort. The varicose vein collapses.

This procedure takes less time, almost 15 to half an hour, to complete depending on the condition of the varicose vein. The recovery time is also minimal. It can treat mild to moderate varicose veins and improve the veins' appearance.

Radiofrequency Ablation

In this procedure, a thin catheter is inserted in the affected veins, and your doctor will give a small prick to the skin where the skin is affected. This does not leave scars on the skin. This procedure needs just a needle stick to vanish the varicose veins. The catheter is placed under the presence of ultrasound guidance. Then the radiofrequency energy is delivered to the veins inside the skin, sealing the veins closed. You may have minor swelling and bruising on the treated area.



This procedure takes the same time as sclerotherapy, half an hour to complete the process.

This procedure can be a good option for people with mild to moderate varicose veins and those needing relief from enlarged veins pooled with blood.

Microfoam Ablation

This procedure best suits enlarged varicose veins and are another minimally intrusive way to treat varicose veins. It treats larger varicose veins issues.

During this process, your doctor will insinuate a special microfoam where the veins are affected to provide you relief in varicose veins symptoms without heat or tumescent.

The foam fills the selected section of the vein with the foam, making the varicose veins collapse.

Conclusion:

These methods can give you relief from varicose veins if you treat them on time. When the surgeon removes or vanishes these diseased veins, the blood flow moves to the healthier veins nearby.

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