

# What Are The Latest Varicose Veins Treatments?

[What is the latest treatment for varicose veins?](#) A vein specialist may suggest surgery or other procedures if self-care measures and compression stockings are ineffective or varicose veins are more severe. Among them, these are the latest treatment to reduce and treat varicose veins:

## Laser treatment

Intense light pulses from laser therapy cause the vein to deteriorate and vanish slowly. So, there's no need for cuts or needles.

## Catheters-based procedures using radiofrequency or laser rays.

The primary method of curing bigger varicose veins is this operation. **What is a vein doctor called?** Vein specialists or vascular surgeons are the vein doctors who treat varicose veins. A vein doctor carefully places a catheter into an enlarged varicose vein and utilizes laser or radiofrequency energy to heat the catheter's tip. The heat also damages the vein by forcing it to shrink and seal shut as the catheter is removed.



[What are the best ways to reduce varicose veins without surgery?](#)

Your vein specialists may suggest these methods to reduce varicose veins without surgery or other procedures. [What kind of doctor is a vein specialist?](#) They are medical professionals who specialize in treating venous issues like varicose veins.

### Compression stockings

A typical pair of socks or hose don't put as much pressure on your legs as compression stockings do. The pressure prevents blood from collecting and aids its movement back to the heart through the muscles and veins. Compression stockings are readily available at most pharmacies and even online.

### Exercise

Regular exercise stimulates improved blood flow to the legs. Pushing the blood accumulated in the veins back towards the heart is made more accessible by enhanced blood circulation and the calf muscle's pumping motion. Blood pressure, which frequently contributes to varicose veins, can be lowered by exercise. You can also achieve results without engaging in an intense fitness program. Exercises with low impacts, such as yoga, walking, cycling, and swimming, are also efficient strategies to activate the calf muscles and stimulate blood circulation.

### Stay away from tight clothes and stilettos.

Tight clothing can restrict blood flow and make it more difficult for damaged vein valves to pump blood back to the heart. We recognize this may be difficult for some of you and may enhance circulation by wearing loose clothing. Because it is simpler for your body to circulate blood when you put your feet flat on the ground, wearing flats instead of high heels may also help deal with varicose veins in the legs.



## Massage

The best approach to get the blood flowing is with a massage, which also has a calming effect. If you decide to give yourself a light at-home massage, avoid touching the delicate tissues directly on or near your varicose veins. Instead, employ steady, soft movements close to those places to let the blood return to your heart. For best results, you can apply massage oils or moisturizers. Some essential oils also have been specially combined with curing varicose veins or added to massage oils to stimulate circulation.

## Conclusion

The above-provided information focuses on the latest treatment for varicose veins and how to reduce them without surgery. For more information, please visit [veintreatmentli.com](http://veintreatmentli.com).

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