

When to Schedule an Appointment with a Vascular Doctor

Varicose veins are common and may not be as bothersome as they appear. However, there are everyday actions you may take to enhance blood flow and control your symptoms if they cause you distress. If your varicose veins are painful or severe, seeing your healthcare provider is a good idea.

This comprehensive guide discusses [what is the latest treatment for varicose veins](#).

Therefore, it is important to talk with your doctor about your options for treating varicose veins, including whether **is it worth getting varicose veins removed?**



when to see a vascular doctor

If you ask the question "[When to see a vascular doctor](#)," here is the answer,

You may need to visit a vascular doctor if you have a high risk of vascular disease due to diabetes, high blood pressure, and use of tobacco products. In addition, you may have symptoms of vascular disease, such as chest pain during exercise or leg pain, cramping, or swelling.

A vascular doctor has the expertise to perform everything from minimally invasive procedures to complex surgery.

How are varicose veins treated?

The two main objectives of treating varicose veins are symptom reduction and consequences avoidance. For some, the goal may be improved appearance. Home treatment is typically the first approach.

Home treatment

Home treatment may be all you need to ease your symptoms and keep the varicose veins from worsening. You can:

- Wear compression stockings.
- Prop up (elevate) your legs.
- Avoid long periods of sitting or standing.
- Get plenty of exercise.



Procedures

Varicose veins can be treated by certain procedures if self-care measures are ineffective. These include:

- Laser treatment. Varicose veins can be destroyed and scarred with laser energy. This is called ablation.
- Spider veins and other tiny veins that are near the skin can be treated with basic laser therapy. The laser is applied externally to the skin.
- An intravenous laser fiber is used in endovenous laser treatment. A vein that has had laser ablation inside of it closes.
- stripping and ligation. The varicose vein is cut, and the vein is removed and tied off.
- Phlebectomy. Several tiny cuts are made in the skin through which the varicose vein is removed. This is also called stab avulsion.
- **Radiofrequency treatment** Within a vein, radiofrequency energy is utilized to scar and seal it off. It can seal off a leg's big varicose vein.

- Sclerotherapy.
An injection of a chemical damages and scars the vein's internal lining, causing the vein to close in a varicose vein. Small veins typically respond best to this.

These procedures can all cause skin discoloration or scarring.

- Treatment issues
Treatment may be needed to remove the damaged veins, treat complications, or correct a problem causing the varicose veins. Your options for therapy depend on the size of your varicose veins.
 - Larger varicose veins are generally treated with ligation and stripping, as well as laser or radiofrequency treatment. Sometimes the best course of action is to combine many treatments.
 - Smaller varicose and spider veins are usually treated with sclerotherapy or laser therapy on your skin.

Do Spider Veins Come Back After Laser Treatment

One of the most common questions is, "**Do spider veins come back after laser treatment?**" The answer is "yes," especially if you seek laser therapy for spider veins from medical spas and other cosmetic centers. You can choose other, more involved therapies with far lower rates of spider vein recurrence, even though laser therapy has a relatively high rate of recurrence.

Conclusion

It is essential that you make an appointment at a respected vein therapy center if you are having any vein problems. The board-certified vein doctors will assess your situation and recommend the best treatment plan to give you the best chance for a good outcome.