

Prevent Spider Veins During Pregnancy

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Another pregnancy body issue, other than stretch marks is spider veins. I've been dying to round up some prevention tips for you guys and I was able to get some tips from [Dr. Luis Navarro, Founder and Director of The Vein Treatment Center](#). He explains, "the development of varicose and or spider veins is common during pregnancy, because pressure is put on the large vein on the lower part of the body as the uterus grows. This increases pressure in the leg veins, which causes them to stretch and swell, forming varicose and/or spider veins. Also, the amount of blood in the body increases when pregnant, adding to the burden on a woman's veins overall. For a low-impact exercise that improves circulation, try swimming."

- **GET REGULAR EXERCISE:** Any type of exercise that strengthens the "second heart" – the muscles of the calf and foot – is beneficial. Exercise for at least 30 minutes a day, 3 times a week.
- **WEAR GRADUATED COMPRESSION STOCKINGS:** Compression stockings act like an added layer of muscle, aiding the performance of the "second heart" and venous circulation.
- **AVOID PROLONGED PERIODS OF SITTING AND STANDING:** Rotate your ankles and feet whenever possible, take brief walks every hour and point and flex your toes to promote leg vein circulation.
- **ELEVATE YOUR FEET:** Raise your feet 6 to 12 inches above your heart whenever possible to assist circulation. It's easiest to do then when sleeping.
- **EAT A HIGH FIBER DIET:** Take steps to avoid constipation, as it puts pressure on the venous system.

Now as a nurse, I already had a few spider veins before I got pregnant so I knew I wanted to prevent the development of any more. I wore compression stockings to work, they are not comfortable my any stretch of the imagination but they do work.