

Once And For All, This Is The Best Treatment For Varicose Veins

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varicose veins



It may seem like swimsuit weather is a hundred years away, but in reality, we'll have every excuse to expose our bare legs before you know it. While that comes with quite a few positives--yay, warm weather and cute skirts--it also comes with its share of negatives, including the need to shave our legs every 10 minutes and, for some of us, the appearance of varicose veins.

Varicose veins can occur when the veins in your legs have to work extra hard to return the blood that circulates throughout your body and legs back to your heart. As we age, the appearance of purple/dark blue veins that often bulge can become more prominent, but other factors like obesity and hormonal changes during pregnancy and menopause are also to blame for varicose veins.

Of course, all of the explanations in the world aren't likely to provide comfort when you just really want to expose your legs without showing off a bunch of renegade veins.

"The best treatments for varicose veins are sclerotherapy (for smaller varicose veins and spider veins) and Endovenous Laser Ablation (EVLA), also referred to as Endolaser, EVLT for larger varicose veins," says [Dr. Luis Navarro](#), Founder of [The Vein Treatment Center](#) in NYC. "A great treatment for minor varicose veins that aren't severe is painless sclerotherapy, or 'injection therapy.' A mild chemical solution is injected into the vein, causing it to collapse. The body then reabsorbs the vein and blood is re-routed to a healthy vein, restoring proper venous circulation in the area."

Cooling cryotherapy is used to numb the skin before a patient is injected, [Navarro](#) says. Then, short bursts of cooled air are applied to numb the skin and reduce inflammation during the injections, which helps with pain and healing. There is no downtime and patients can resume their regular daily activity immediately following treatment.

Now, what do you do if your varicose veins are more prominent? No worries--there's a procedure for that--one developed at the [Vein Treatment Center](#).

Endovenous Laser Ablation (EVLA) is a more invasive procedure that uses existing laser and ultrasound technology to close the main vein from the inside with laser energy, [Navarro](#) says.

"EVLA makes costly hospitalizations, the need for anesthesia, incisions, the need for a surgeon, and patient downtime for recovery completely unnecessary," [Navarro](#) says. "A minute laser fiber is inserted directly into the vein through a catheter (tiny tube). Pulses of laser energy are released along the course of the vein to seal it completely. Endolaser requires only a small nick in the skin. Once the laser has sealed the vein the fiber is removed and a steri-strip or a stitch closes the area. When the procedure is complete, the leg is wrapped with elastic bandages and bruising can be present for 1-3 weeks."