

VARICOSE VEINS

Varicose veins are veins that appear to be twisted and enlarged, often creating a bulging appearance on the skin. They can appear anywhere on the body, but are most commonly found on the legs. While many people see varicose veins primarily as a cosmetic concern, they're more than that. Varicose veins are a sign that the valves in your veins are weak, damaged, and not working properly. This can lead to a number of symptoms that range from mild to severe. Some of the most common symptoms include:

- Veins that appear raised or purple
- Pain
- Cramping
- Achiness
- Heaviness
- Fatigue
- Burning or tingling in the legs
- Swelling
- Throbbing
- Tenderness

Treating vein disease is vital in order to avoid critical complications. The sooner you seek treatment, the better. The first step is undergoing a consultation with the physicians at Valley Heart Associates. This allows us to get a better idea of the type and severity of vein disease you're suffering from. During this consultation, your medical practitioner will work to create a personalized treatment plan. Some options for minor problems include compression hose and lifestyle changes, while other instances of vein disease may require additional procedures. Two of the most common treatments for vein disease include radiofrequency ablation therapy (RF) and sclerotherapy.

Radiofrequency Ablation Therapy (RF)

Radiofrequency ablation therapy is a minimally invasive treatment that's commonly used for varicose veins. RF uses targeted radiofrequency heat waves to purposefully damage tissue that closes the affected vein. Once closed, the vein will reabsorb into the body and blood flow is automatically redirected into a healthy vein. It's performed as a simple, 45 minute outpatient procedure and only requires local anesthesia. RF helps to relieve symptoms of vein disease and offers minimal downtime for patients. It results in little to no scarring, and you can return to normal activity immediately following your treatment.

Sclerotherapy

Sclerotherapy is another easy outpatient procedure that's used to treat vein disease. It involves injecting the affected area with a sclerosing solution, which causes blood vessels to shrink and reabsorb into the body. The reabsorption process begins immediately, and the appearance of varicose veins or spider veins gradually fades. Similar to RF, sclerotherapy is quick and results in no downtime. There is little to no scarring, and it requires no open surgery.