Vein Treatments

Vein treatments are designed to address issues like varicose veins, spider veins, or other venous conditions that can cause discomfort or cosmetic concerns. The choice of treatment depends on the severity, size, and location of the veins. We offer 2 different treatments depending on type of veins the patient suffers from

**1. Sclerotherapy**

* **How It Works**: A solution, typically a saline-based or chemical irritant is injected directly into the affected veins. This irritates the vein walls, causing them to collapse and eventually be absorbed by the body.
* **Best For**: Spider veins and small varicose veins.
* **Recovery Time**: Minimal, patients can return to normal activities almost immediately. Multiple sessions may be required for complete results.
* **Side Effects**: Mild bruising, swelling, or redness at the injection site.

**2. Laser Therapy**

Laser treatments use focused light energy to heat and damage the vein, causing it to close and be reabsorbed over time.

* **Best For**: Small varicose veins and spider veins.
* **Recovery Time**: Minimal, though some discomfort, swelling, or redness may occur.
* **Side Effects**: Temporary skin discoloration or bruising. Rarely, burns or changes in skin color.

Besides treatments above patients should:

**3. Wear Compression Stockings**

* **How They Work**: Compression stockings provide gentle pressure to the legs, improving circulation and preventing blood from pooling in the veins.
* **Best For**: Mild varicose veins and prevention of vein-related problems. They are also used post-treatment to improve recovery.
* **Recovery Time**: No downtime since these are a non-invasive option.
* **Side Effects**: No side effects, though they must be worn regularly for effectiveness.

**4. Adopt Lifestyle Changes**

* **Exercise**: Regular exercise, such as walking or swimming, can improve circulation and help prevent vein issues from worsening.
* **Weight Management**: Maintaining a healthy weight reduces pressure on the veins, especially in the legs.
* **Elevation**: Elevating the legs while resting helps blood flow back to the heart and reduces pressure on veins.
* **Avoid Prolonged Sitting or Standing**: If your job requires long periods of sitting or standing, try to move around every 30 minutes to improve circulation.