



CONSERVATIVE THERAPY RECOMMENDATIONS FOR ‘VEIN HEALTH’

REGULAR EXERCISE

Walking, running, stair stepper, elliptical machine, treadmill, aerobics, swimming, or biking for 30 minutes duration with an exercise frequency of 5-7 days per week will help reduce aching, pain, and tiredness in your legs.

ELEVATE YOUR LEGS

Elevating your legs above your heart level for 10-15 minutes once or twice daily may diminish aching and swelling.

MOVE YOUR LEGS FREQUENTLY

Flexing your ankles 10 times will pump the blood out of your legs like walking does. Repeat this ankle flexing every 10 minutes while standing or sitting and try to walk for at least 2 minutes every half-hour.

AVOID WEARING HIGH HEELS

Wearing high heels interferes with the normal pumping action that occurs when you walk. Wearing high heels may lead to aching and cramping of the legs.

MAINTAIN A PROPER WEIGHT

Even moderate weight loss may reduce aching in the legs due to varicose veins. Weight loss may diminish the rate at which spider veins develop.

WEAR SUPPORT HOSE

Support hose are available for purchase from Hogue Vein Institute, or from pharmacies and medical supply stores. There are many brands to choose from. Lighter support stockings are available at department stores. However, it is best to wear a stocking that is labeled “graduated” as the graduated compressive forces from ankle upwards significantly improve your vein function.

SUPPORT HOSE COMPRESSIVE STRENGTHS

Light support: 4-14 mmHg (compressive strength) – available over-the-counter (OTC)

Moderate support: 15-20 mmHg (compressive strength) – available OTC

Heavy support: 20-30 mmHg (compressive strength) – available OTC

Prescription strength: 30-40 mmHg (compressive strength) – available only by prescription from a physician

TREATMENT MODALITIES IF CONSERVATIVE THERAPY FAILS

If conservative therapy fails to improve the look and feel of your legs a host of treatment modalities are available to address the treatment of superficial venous disease. Following a consultation with one of our vein specialists, which includes a history & physical examination, as well as venous duplex ultrasound assessment, a professional treatment recommendation will be discussed with you. Treatment modalities that have been found to be effective for superficial venous disease include endovenous thermal ablation (laser or radiofrequency), endovenous chemical ablation (sclerotherapy), surgical ligation and stripping, visual sclerotherapy, and external laser. Most vein specialists now agree that surgical ligation and stripping are antiquated procedures that have been replaced by the minimally invasive endovenous thermal ablative procedures. Patients can now be reliably improved with a minimally invasive technique such as endovenous laser ablation (EVLA) with essentially no downtime and without the scars and risks associated with surgery.