



# THE HEART SPECIALISTS

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GROUP, LLC.

## CONSERVATIVE VEIN THERAPY RECOMMENDATIONS FOR VEIN HEALTH

### **REGULAR EXERCISE**

Performing exercise on a regular basis with a frequency of 5 to 7 days per week will help reduce symptoms associated with varicose veins such as aching, pain & tiredness.

### **ELEVATE YOUR LEGS**

Elevating your legs above the level of your heart for 10-15 minutes once or twice daily may diminish the aching and swelling associated with varicose veins by improving venous drainage by gravity.

### **MOVE YOUR LEGS FREQUENTLY**

Flexing your ankles with exercising of the calf muscles 10 times every 10 minutes while standing or sitting will pump the blood out of your legs much like walking does. Walking at least 2 minutes every 30 minutes will achieve the same effect of improving lower extremity venous drainage.

### **AVOID WEARING HIGH HEELS**

Since wearing high heels interferes with the normal calf pumping action that occurs during walking, persons afflicted with varicose veins should avoid wearing them.

### **MAINTAIN A PROPER WEIGHT**

Even moderate weight loss can reduce leg aching associated with varicose veins. Additionally, weight loss may diminish the rate at which spider veins develop.

### **WEAR SUPPORT STOCKINGS**

Medical grade support stockings are available for purchase from pharmacies, medical supply stores, and from The Heart Specialists Group, LLC. Lighter support stockings are available over-the-counter from department stores. If you suffer from symptomatic varicose veins, it is best that you wear medical grade compression stocking to improve the vein function in your legs.

### **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

Medical Grade or Prescription strength: 30-40 mmHg (compressive strength) – available only by prescription (Rx)

### **TREATMENT MODALITIES IF CONSERVATIVE THERAPY FAILS**

If conservative vein therapy fails to improve the look and feel of your legs, then a host of vein treatments are available to treat your underlying superficial venous disease. After a Formal Vein Consultation at The Heart Specialists Group, LLC with one of our vein specialists, a professional treatment recommendation will be discussed with you. Vein treatments that have been found to be effective for varicose veins and superficial venous disease include endovenous thermal ablation (laser or radiofrequency), endovenous chemical ablation (sclerotherapy), phlebectomy, visual sclerotherapy, and external laser. Minimally-invasive vein treatments such as endovenous laser ablation (EVLA) offer essentially no downtime, and are without the scars and risks associated with conventional surgery.