

Varicose Veins

Treatment Recommendations



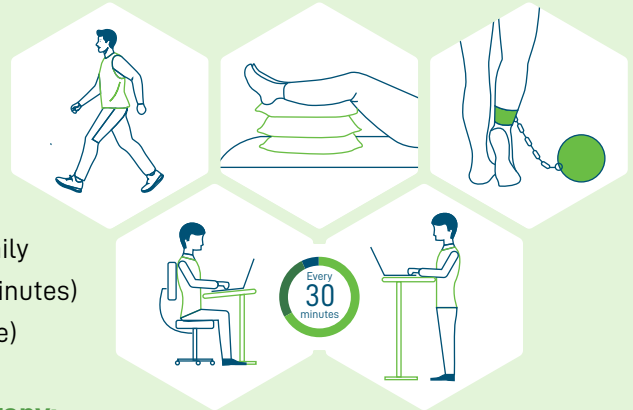
RECOMMENDATIONS IF YOUR VCSS SCORE IS 0-5 POINTS (MILD)

What This Means: Your symptoms are minimal and your venous health is relatively good. You may have some visible veins or occasional discomfort, but these aren't significantly affecting your daily life. This is the perfect time to take preventive action to stop progression.

YOUR IMMEDIATE ACTION PLAN:

Lifestyle Modifications (Start Today):

- Walk for 30 minutes daily to improve circulation
- Elevate your legs above heart level for 15 minutes, 2-3 times daily
- Avoid prolonged standing or sitting (take breaks every 30-45 minutes)
- Maintain a healthy weight (every 5kg lost reduces vein pressure)



Compression Therapy:

- Consider Class 1 compression stockings (15-20 mmHg) if you have to be standing for long hours
- Wear during long periods of standing or travel

Watch my video:

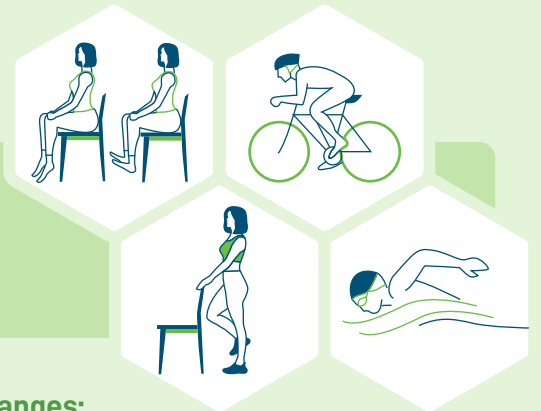
- ▶ Say Goodbye to Painful Legs with These Simple Stocking Hacks (for proper selection and wearing techniques):

Exercise Program:

- Focus on calf muscle strengthening (calf raises, ankle pumps)
- Calf raises/ Ankle Pump Exercises 10 -15 repetitions, 5 times daily
- Swimming and cycling are also excellent low-impact options

Watch my video:

- ▶ EXERCISES That Can Help Varicose Veins Fast for targeted varicose vein exercises:
- ▶ Try: Have YOU Tried TAI-CHI for Varicose Veins? See how it can improve your vein circulation:



Dietary Changes:

- Increase fiber intake (prevents constipation and straining)
- Reduce salt to minimize water retention
- Stay hydrated: 8-10 glasses of water daily
- Add flavonoid-rich foods: citrus fruits, berries, onions, garlic

When to Follow Up:

- Self-assess every 6 months using this tool
- Schedule a consultation if symptoms worsen or new veins appear
- Annual check-up with vascular specialist recommended

Prevention is Key:

At this stage, you have the power to prevent progression. The habits you build now will protect your vein health for decades to come.

Recommended Videos:

- ▶ Is Poor VEIN Health Actually Hurting Your Body? Understanding how vein health affects your entire body:
- ▶ Varicose Vein EXPERT Shares Top 3 Exercises for Relief-Top 3 exercises for immediate relief:

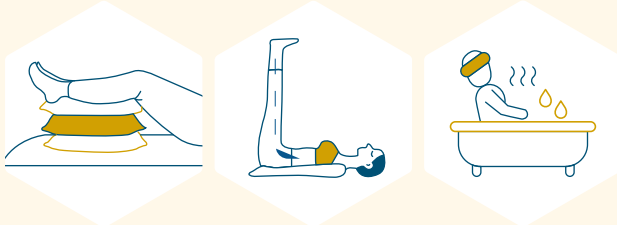
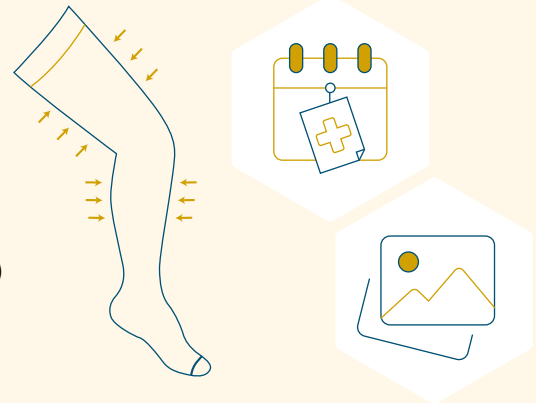
VCSS Score: 6-14 Points (MODERATE)

What This Means: Your varicose veins are causing noticeable symptoms that interfere with your daily activities. You may experience regular leg pain, swelling by evening, or visible skin changes. Without intervention, these symptoms will likely worsen over time.

YOUR IMMEDIATE ACTION PLAN:

Priority Actions (This Week):

- Schedule consultation with a vascular surgeon
- Start wearing Class 2 compression stockings (20-30 mmHg) daily
- Begin documenting your symptoms (pain levels, swelling patterns)
- Take before photos for treatment tracking



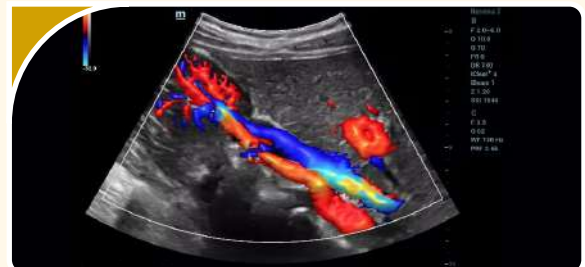
Conservative Management:

- Compression therapy is **NON-NEGOTIABLE** at this stage
- Elevate legs above heart for 20-30 minutes, 3-4 times daily
- Sleep with legs elevated (use pillows or bed risers)
- Avoid hot baths, saunas, and prolonged heat exposure

Diagnostic Tests:

Your vascular surgeon would recommend a Color Doppler evaluation for reflux or reverse flow within the veins

Treatment Options to Discuss: Your vascular surgeon will likely recommend one of these evidence-based treatments on a planned basis:



Foam Sclerotherapy:

- Usually an office-based procedure
- Ideal for smaller to medium varicose veins, without any major reflux
- Cost-effective option (5,000-40,000 per session)
- 80-85% success rate

Endovenous Laser Ablation (EVLA) or Radiofrequency Ablation (RFA):

- Gold standard treatment with 95%+ success rate
- Same-day procedure with local/ regional anesthesia
- Return to work within 5 days
- Long-term results (10+ years)

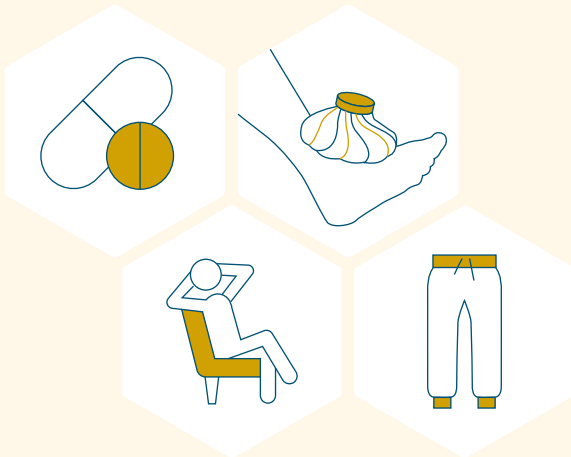
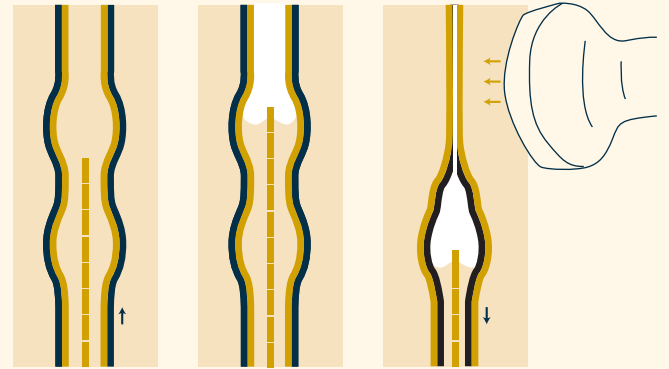


Glue Ablation:

- Less post-procedure pain than laser
- Similar success rates to EVLA
- Excellent for main truncal veins

Watch my video:

▶ **VARICOSE VEINS Solved! The TOP Methods You Must Know in 2026 (HINDI)** for comprehensive breakdown of all treatment options available in 2026:



Symptom Management:

- Over-the-counter pain relief (as needed): Paracetamol or Ibuprofen
- Cold compresses for swelling and discomfort
- Avoid crossing legs while sitting
- Wear loose, comfortable clothing

What Happens If You Wait:

- Symptoms will progressively worsen
- Increased risk of skin changes (pigmentation, hardening)
- Higher treatment costs as disease advances
- Potential for ulcer development (C5-C6 stages)



Insurance Coverage: Most health insurance plans in India cover medically necessary varicose vein treatments when symptoms affect quality of life. Bring this assessment to support your claim.



Recommended Videos:

- ▶ EASIEST Way to Wear Compression Stockings:
- ▶ Can Leech Therapy REALLY Cure Varicose Veins?
- ▶ You Won't Believe How EASY It Is to Treat Varicose Veins!

VCSS Score: 15-27 Points (SEVERE)



What This Means: You have advanced venous disease with significant symptoms that are seriously impacting your quality of life. You may have severe skin changes, active or healed ulcers, or debilitating pain and swelling. This requires URGENT medical attention.

URGENT: DO NOT DELAY TREATMENT

This level of venous disease will NOT improve on its own and poses serious health risks including:

- Chronic venous ulcers (difficult to heal, high infection risk)
- Deep vein thrombosis (DVT) - blood clots
- Severe skin damage and permanent scarring
- Significant impact on mobility and quality of life



YOUR IMMEDIATE ACTION PLAN:

THIS WEEK - MANDATORY:

- Schedule URGENT consultation with vascular surgeon
- If you have open ulcers: seek immediate wound care
- Start Class 2 or 3 compression stockings (30-40 mmHg) under medical supervision (only if you do not have ulcers)
- Document all symptoms, medications, and medical history

Medical Intervention Required: At this severity, conservative management alone is insufficient. You will need:

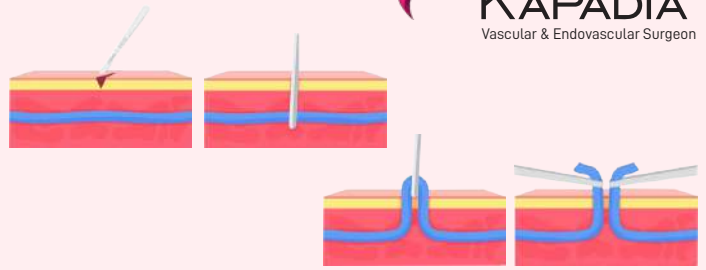
Endovenous Procedures:

- EVLA (Endovenous Laser Ablation) - most effective for severe cases
- Glue Therapy - excellent outcomes
- Foam Sclerotherapy - for tributary veins
- Often, combination therapy for the best results



Surgical Options (if needed):

- Hook Phlebectomy for large, bulging veins
- Traditional surgery for complex cases (rarely required)
- Usually combined with endovenous procedures



Ulcer Management (C5-C6):

- Specialized wound care protocols
- Compression therapy is critical for healing (Layered Bandages or Ulcer Stockings)
- Treatment of underlying venous insufficiency is essential
- Regular follow-up until complete healing

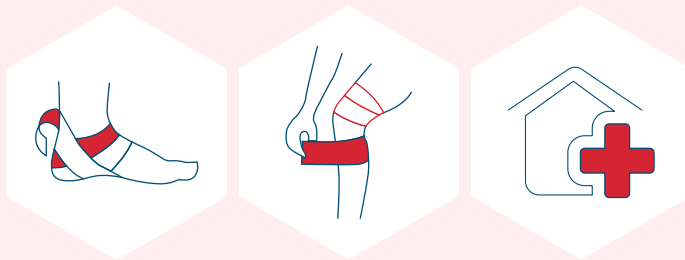
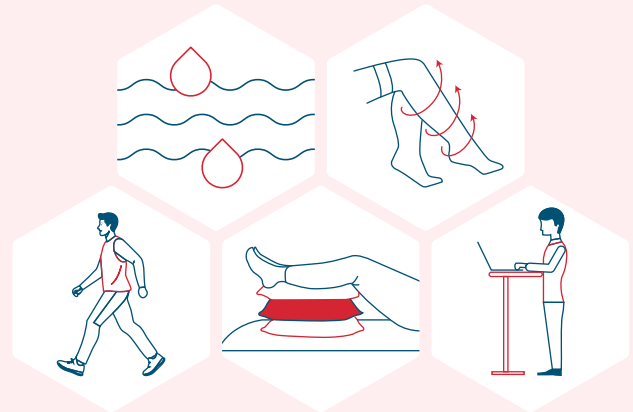


Watch Videos:

Confused between GLUE and LASER to treat Varicose Veins? See this video:

Daily Management (Until Treatment):

- Wear compression stockings from morning until bedtime
- Elevate legs above heart level as much as possible
- Gentle walking (improves calf muscle pump)
- Avoid prolonged standing completely
- Keep skin clean, moisturized, and protected



Wound Care (If Ulcers Present):

- Keep ulcers clean and covered
- Follow wound care instructions precisely
- Watch for signs of infection (increased redness, warmth, discharge, fever)
- Never attempt home remedies on open wounds

Financial Planning:

- Treatment costs: ₹50,000-2,00,000 depending on complexity & method of treatment
- Most insurance plans cover severe venous disease beyond 2 or 3 years of coverage



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Dr Sumit Kapadia YouTube Channel & Varicose vein Video Playlist