

## **Varicose Veins: Treatment Myths Dispelled**

If you are one of the approximately 80 million Americans suffering from varicose veins and related vein disorders, I have good news for you. The past 10 years have seen revolutionary advances in the treatment varicose veins. It is no longer necessary to endure painful vein stripping and vein removal procedures done in the hospital, which required prolonged recovery times. New state of the art vein treatments are relatively painless, can be done in the office setting, involve minimal or no down time, and allow almost immediate return to work and activities.

As with many new medical advances, the awareness and understanding of these treatment options lags behind the technology. In an effort to help “bridge the gap” of understanding, I have addressed some of the most common misperceptions I encounter regarding vein treatments. It is important that you are proactive with this information. Evaluation and treatment are safe, effective, and affordable when done at an experienced vein treatment center. So don’t wait, seek help at a vein center near you.

### **Myth: Treatments for varicose veins leave scars and are really painful**

**Fact:** The older methods of vein treatments often required hospitalization, were notoriously painful, and frequently left large scars. However, the new minimally invasive techniques can be done in the office, involve little discomfort, and leave minimal scars- even in the most advanced cases of varicose veins. These newer vein treatments typically include a combination of laser closure of veins, injection of unhealthy veins, and mini vein removal procedures.

### **Myth: Vein treatments don’t work....the varicose veins just come back later**

**Fact:** Effective treatment starts with proper identification of the source of varicose veins. Accurate identification of vein disease has improved considerably over the past 10-15 years along with the treatments. The advanced treatment techniques used today, when paired with accurate disease identification, are far more effective in preventing a recurrence of varicose veins than the older methods. Although occasional follow up treatments may be required, most patients have good long term results.

### **Myth: Vein treatments are expensive and insurance doesn’t cover them**

**Fact:** The cost of vein treatments has actually been reduced by the new technology. Advanced vein treatments can be performed in the office setting without the need for general anesthesia. This eliminates hospital charges and anesthesia fees, significantly reducing the overall cost to patients and insurances. In addition, varicose veins and related vein disorders can cause painful and debilitating symptoms making them much more than a “cosmetic” issue so most insurances do cover vein treatments. Although spider vein treatments are not covered by insurances, they have also become much more affordable with the latest treatment advances.

**Myth: Vein treatments require long and painful recoveries**

**Fact:** Recovery from the older treatment techniques, which involved hospitalization and general anesthesia, took much longer and was much more uncomfortable. Resumption of daily activities took anywhere from four to six weeks. The newer minimally invasive treatments are done in the office setting with local anesthesia so most people resume normal activities the same day with minimal discomfort.