

Comparison between Varicose veins and spider veins

The veins carry deoxygenated blood to our heart. In our legs, blood is collected in the superficial veins, just below the surface of the skin, and sent to deeper veins that run inside the calf muscles. The muscular action of our calves helps to pump blood against the force of gravity towards the heart. Unidirectional valves within the veins prevent the blood from moving backwards.



If these valves do not close properly, blood accumulates in the superficial veins. Over time, the affected veins distend with the blood (they become "varicose"). The varicose veins have a gnarled, twisted, dark blue appearance. There is a number of treatments for this issue by best [Varicose Vein Doctor New York](#).

Spider veins are similar to varicose veins, but lesser and earlier to the outside of the skin. They are often red or blue, and can be seen as branches of trees or cobwebs. They are mainly found on a person's legs or face. They can cover a small or large area.

Causes of varicose veins and spider veins

We do not be acquainted with the reason of varicose veins and spider veins. However, in many cases, they run in families. Women appear to get the difficulty additional frequently than men. Change in oestrogen level in a woman's blood may have a position in the growth of varicose veins. Such hormonal change happens during teenage years, pregnancy, breastfeeding and menopause.

Symptoms of varicose veins

Problems can occur if the faulty valves are located within the veins that go through the calf muscles (deep veins). Associated problems may include:

- aching in the legs
- Skin rashes such as eczema
- Brownish ‘stains’ on the skin surface, caused by the eruption of capillaries
- Skin ulcers
- Blood clots forming within veins (thrombophlebitis).

Prevention of varicose veins and spider veins



Some suggestions that may help to prevent varicose and spider veins include:

- Wear support stockings.
- Maintain good weight control.
- Get regular exercise.
- Avoid wearing high heels, as they affect the proper functioning of the larger veins.

Treatment of varicose veins and spider veins

Some varicose veins and spider veins can be treated with sclerotherapy by **top vein doctor nyc**, which is the injection of irritating chemicals into the affected vein. The irritant induces the vein to suffer spasms and collapses on itself. Over time, the walls of the collapsed vein heal together and the sealed vein can no longer carry blood.

The veins in the legs are cleaned slowly after sclerotherapy in **Varicose Vein Treatment New York** and can take two to six months to resolve, depending on their size. A compression stocking that is worn on the leg helps accelerate this process. Small veins need compression for about three to six days, while larger veins need about six weeks.

Sclerotherapy procedure

- The actual [Varicose Vein Treatment Nyc](#) takes at least an hour and a half. Afterwards, you need additional time to walk. The process includes:
- The surgeon marks the injection site on his legs while standing.

- The **top vein doctor New York** give you the injection while you are deceitful downward.
- Compression bandages and stockings are placed immediately after the injections. The bandages are meant to be tight.