

Are you looking for the treatment of varicose veins?

Are you suffering from varicose veins?

Yes! This problem of legs is becoming quite common. There are various ways to provide help to such patients to improve the syndrome and regulate the blood flow.

The first approach

The first approach towards the treatment of varicose veins is the use of compression stockings. They help your legs to feel normal. They can prevent the pooling of blood or the formation of blood clots in the legs. They are helpful to the persons who sit or stand regularly for long hours.

Does it eliminate varicose veins?

Compression stocking does not eliminate varicose veins, but take care of some symptoms such as heaviness, pain and swelling in the legs that are caused these varicose veins. They apply more pressure around the ankle so that the blood can move towards the heart. This pressure reduces as it moves up the leg.]

They are available in different shapes and strength. It lies in the range of \$50-\$125 per pair. It is better to buy them in consultation with some physician as the pressure applied is stronger.

Features of compression socks

Compression socks should not be too tight, but should have enough strength to provide the force to push the blood up. They are available in variety of strength, style, color and shapes. The only thing you have to notice is the style and brand that keep you comfortable whole day.

Sometimes the cost is greater just because of the brand name and not because of its effectiveness. It should be comfortable to put on.

Precaution required

It needs some time to adjust these socks, though there are not many complications in regard to its wearing. If worn in hot days, the legs heat might not be escaped and might lead to some problems. In case of high risk of blood clotting, stockings should be worn all through the day. It should be removed only during the night. At night after removing the stockings, patients are suggested to elevate their legs. In case of varicose veins and varicose ulcers, they are required to be worn for the years.

The method of wearing

These stockings should be worn early in the morning when one gets out of the bed. Some precautions are required to be practiced while wearing these stockings. Some of them are:- Turn the stocking inside out. Apply some silicon lotion as it help in wearing these socks. Or you might have to exert a good force to pass it over the ankle. Or place a rubber glove on the toe and then put the stockings over it. The stockings will be worn easily

About the Author

Visit the website to acquaint yourself with the best authentic information on [Support Hose](#) and [compression stockings](#). It helps in maintaining blood flow and avoids post thrombotic syndromes.

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