

Alternative Treatments for Varicose Veins

	Description of Procedure	Treatment Location	Anesthesia Type	Recovery Time	Pros	Cons
Laser Treatment	Fiber is inserted into vein. Vein is then heated up and closed shut.	Office, Out-patient Center or Hospital	Tumescent	Ambulatory immediately; return to most normal activities within 24 hours	Quick procedure, minimally invasive, local anesthetic, great results, less bruising, minimal post-operative discomfort.	Minimal risk of DVT, infection and pain
Ligation & Stripping	Incision made at groin and ankle. Vein is then tied off and removed	Out-patient Center or Hospital	General (hospital) or Tumescent (in-office/out-patient)	2-4 weeks	Old technique. Instant results.	Invasive. Post-procedure pain, swelling, bruising, scarring. Possible risk of infection and blood clots. Higher risk of future recurrence of varicose veins.
Phlebectomy	Multiple tiny incisions are made and vein is then pulled out.	Out-patient Center or Hospital	General (hospital) or Tumescent (in-office/out-patient)	1-2 weeks (until small incisions heal)	Instant results	Invasive. Post-procedure pain, bruising, scarring. Possible risk of infection and DVT.
Compression Stockings	Form-fitting stockings are worn to promote healthy venous circulation	Home	None	None	Easy to do. Can be done at home.	Uncomfortable, hot to wear. Effective Rate is low.
Sclerotherapy	A sclerosing solution is inserted directly into the vein causing it to close	Office, Out-patient Center or Hospital	Topical or None	4-16 week resolution time	Good results when performed properly. Best results occur when combined with laser therapy.	Takes several weeks to disappear. Possible risk of infection, and pulmonary embolism. Possible allergic reaction to solution, staining and/or ulceration.
Radiofrequency Treatment	Catheter advanced to furthest treatment site. Electrodes deployed, RF energy initiated. Catheter withdrawn, closing vein.	Office, Out-patient Center or Hospital	General (hospital) or Oral, IV and/or tumescent	Elevate and ice for 24-48 hours. Return to normal activities immediately.	Minimally invasive. Good results.	Size limitations