

Varicose Veins

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04. KEEP MOVING AT WORK

Try to keep your legs moving somehow. Flex your ankles a couple of times an hour while sitting at your desk to keep the blood pumping. Get up and walk around, too. This will not only help with blood circulation but will take some pressure off and decrease what's called dependent oedema (swelling of the lower legs, feet and ankles).

If you are on the other side of the spectrum and have a job where you rarely get to sit down, the same basic principles apply. Keep moving. When you are standing in the same position for several hours at a stretch you can do some deep knee bends or just flex your leg at the knee to help keep the blood moving.



05. WEAR COMPRESSION STOCKINGS

Whether sitting or standing at your job, wearing compression stockings will help your legs feel better by giving much needed support and aid the valves to keep the blood pumping out of your legs. See more below.

QUALITY?

The quality of the sock is really important as generally the cheaper stockings at chemists tend not to be as comfortable. Make sure you consider a mid to upper range stocking as the investment will certainly be worth it in the long run as they can be reused.

COST?

Usually stockings which are a of a good make are \$100 and above. Certain private health funds will cover you for the cost of stockings but do check with your private health fund first.



Patient Outcomes

