Comparison of Available Treatments
for Chronic Venous Disease (Leg Vein Problems)

THERAPY	HOW IT WORKS	BENEFITS	DRAWBACKS
Compression Therapy 	Uses stockings or wraps to improve blood flow and reduce swelling	• Non-invasive • Affordable • Reduces symptoms like swelling and pain	• Requires daily use • May not treat underlying vein damage • Can be hard to put on and remove
Sclerotherapy 	A solution is injected into veins, causing them to shrink and fade over time	• Minimally invasive • Effective for small or medium veins • Quick recovery	• Multiple sessions may be needed • Temporary bruising or discomfort • Can lead to long term or permanent staining • Rarer and more serious complications such as blood clots, inflammation of the vein, or bleeding
Thermal Ablation 	Uses heat (from laser or radiofrequency energy) to seal off faulty veins near the skin's surface	• Minimally invasive • High success rates • Quick recovery	• May cause bruising, pain, or leg nerve damage • Not suitable for all vein types • Rare risk of blood clots
Non-thermal Ablation 	Uses adhesive glue, a solution or foam. The solution used to seal veins can be applied inside the vein using a rotating tip.	• Minimally invasive • Glue in particular, has high success rates • Quick recovery	• May cause bruising • The glue can cause allergic type reactions • Not suitable for all vein types • Rare risk of blood clots
Phlebectomy 	Varicose veins are removed manually through tiny skin punctures	• Effective for medium-sized veins • Minimally invasive • Quick recovery	• Minor scarring • Potential for inflammation caused by a blood clot, or nerve injury • Limited to surface veins
Venous Stents 	A stent is placed to open narrowed veins (used in more severe cases)	• Effective for vein blockages • Improves blood flow	• Involves a minor incision to insert a catheter into the affected vein • Potential risk of blood clots or stent migration

- Many cases of CVD often benefit from compression therapy and lifestyle changes.
- Minimally invasive options like sclerotherapy or ablation are effective for moderate to severe CVD conditions.
- Patients should discuss their symptoms, CVD severity, and goals of care with a healthcare provider to select the best treatment strategy.

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