



Comprehensive Guide to Varicose Vein Treatments:
Ablation and Venaseal

Expert Care from Dr. Akhil Monga – Your Path to Healthier, Pain-Free Legs

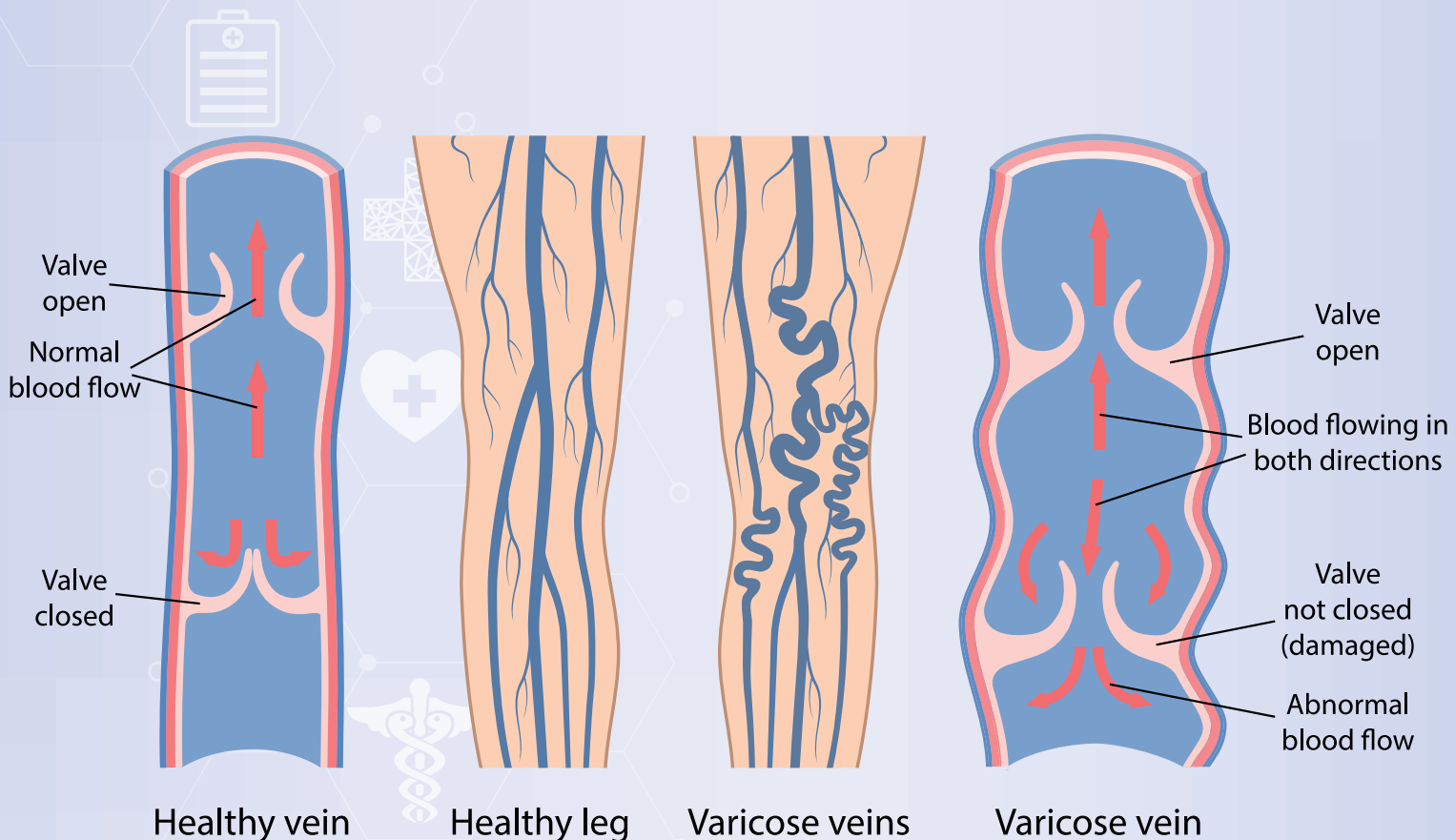
www.drakhilmonga.com

What are Varicose Veins?

Varicose veins are swollen, twisted veins that usually appear on the legs and can cause distress or pain. These occur when valves in the veins malfunction, leading to poor blood flow and vein enlargement.

Causes and Symptoms

- **Causes:** Prolonged standing or sitting, age, pregnancy, obesity, genetics.
- **Symptoms:** Visible veins, aching or heavy feeling in the legs, burning or throbbing sensation, muscle cramping, swelling, skin discolouration, thrombosis, ulcers and bleeding.



Overview of Ablation Therapy

Ablation therapy uses heat to close off varicose veins, redirecting blood flow to healthier veins. It is minimally invasive and very effective for treating varicose veins.



Overview of Venaseal Treatment

VenaSeal is an advanced treatment that uses a special medical adhesive to close varicose veins. This procedure is quick, with minimal discomfort and downtime, and doesn't require heat or anaesthesia.



Benefits of Minimally Invasive Treatments

Both Ablation and Venaseal treatments offer significant advantages:

- Minimally invasive with quick recovery.
- Effective in reducing pain and improving leg appearance.
- Outpatient procedures with most patients returning to daily activities within a day.

Why Choose Venaseal?

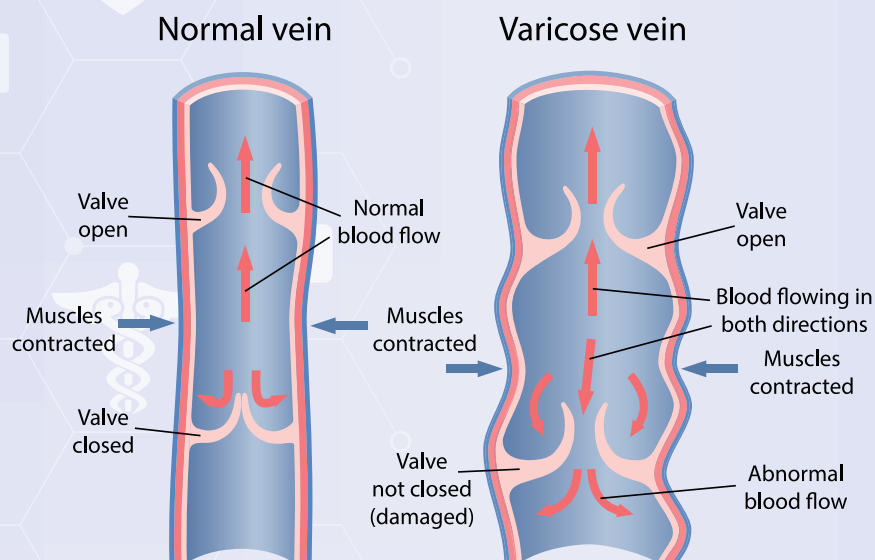
VenaSeal offers additional benefits:

- No need for heat or anaesthesia.
- Even faster recovery with minimal discomfort.
- No requirement for compression stockings post-procedure.

The Procedure: What to Expect

VenaSeal offers additional benefits:

- **Consultation:** Thorough assessment and ultrasound to determine the best treatment plan.
- **During the Procedure:** Outpatient procedure with local anaesthesia.
- **Time:** Most procedures take less than an hour.



Post-Procedure Care and Recovery Tips

Ablation Therapy:

- Wear compression stockings for a few weeks.
- Avoid strenuous activities for a few days.
- Walk regularly to promote circulation.

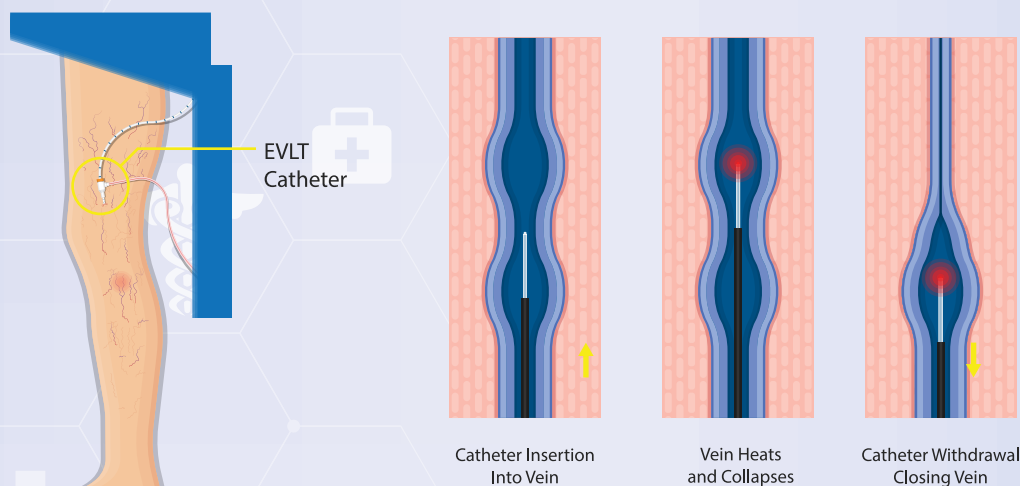
Venaseal Treatment:

- Minimal recovery time with immediate return to normal activities.
- No need for compression stockings.
- Follow-up visit to monitor progress.

Lifestyle and Non-Surgical Methods

For early-stage varicose veins, the following lifestyle changes can help control symptoms:

- Regular exercise to improve circulation.
- Elevating legs when resting to reduce pressure on the veins.
- Maintaining a healthy weight relieves strain on leg veins.
- Wearing compression stockings to prevent worsening of varicose veins.
- Avoiding prolonged standing or sitting.



Success Stories and Patient Testimonials



One Stop Solution for Varicose Veins. Got a relative treated and the results were incredible. Efficient, honest and quick results place him a class apart. Fully recommend.

Aaditya Sharma

Very meticulous in diagnosis and treatment of varicose veins. The patient dealing is highly professional

Kapil Chaudhary

About Dr. Akhil Monga

Dr Akhil Monga is a leading specialist in vascular medicine with years of experience treating varicose veins. His patient-centred approach ensures that each individual receives the best care tailored to their needs.



Sohana Hospital

📍 Sohana Hospital,
Sector 77, Mohali, Punjab

🌐 www.drakhilmonga.com

☎ +91-6280520737

✉ akhilmonga.aiims@gmail.com

🕒 Mon - Sat: 9:00 AM - 6:00 PM