

At **The North Shore Vein Center** we are focused on restoring the look and feel of healthy legs. However, the opportunity to maintain healthy legs and leg veins begins with you. There are a number of simple and easy lifestyle adjustments that you can implement as part of your daily routine. These small changes can reduce the possibility of developing varicose veins and spider veins and keep your legs looking and feeling great.

1. **Maintain a Healthy Weight** – This will take unnecessary pressure off of your legs and improve overall venous circulation.
2. **Elevate Your Legs** – The higher the better. Parallel to the ground when reading, relaxing or watching TV. This improves vein circulation and helps minimize swelling.
3. **Avoid Prolonged Periods of Sitting or Standing** – Try to change your position frequently. When sitting, try to flex and extend your foot and calf muscles. When standing, shift from one leg to the other at frequent intervals.
4. **Get Your Legs Moving** – Walking will allow you to generate better circulation in your legs as well as improve overall health.
5. **Uncross your legs when sitting** – Crossing your legs can restrict the return of blood from the legs and impair proper venous circulation.
6. **Avoid Wearing High Heels** – Low-heeled shoes work the calf muscles more efficiently, which is better for proper vein health.
7. **Wear sheer support stockings, panty hose, or support socks for men** – When properly fit, these garments can reduce leg discomfort by keeping blood from “pooling” in you feet and ankles, thereby reducing swelling.
8. **Avoid Wearing Tight Fitting Clothes** – These can significantly restrict your circulation.
9. **Limit Tub-Time, Take Showers** – Take warm, not hot baths and end by splashing cold water on your legs. Hot baths can dilate blood vessels, decreasing the return of blood from the legs and worsening spider veins.
10. **Moisturize Your Skin Regularly** – This will help to maintain its moisture and elasticity and support your skin integrity, which can help prevent varicose veins.

We encourage you to review and adapt the following tips that are best suited to your lifestyle. It's your opportunity to take the initiative to boost your overall leg health and improve your circulation. If you have any questions about these suggestions please contact us, or your health care professional. This information is not a substitute for medical advice or treatments. Only your health care professional can accurately evaluate your condition and make informed decisions regarding your care.