

Varicosities in Pregnancy

What are varicosities?

Varicosities are large, painful veins that are usually found in the lower legs, but can also occur in the thighs or vulvar regions.

What causes varicosities?

Varicosities are caused by increased pressure in the veins of the legs due to the increased weight of the uterus. Varicose veins are more likely to occur in women with a family history of varicosities.

What can I do to get relief from my varicosities?

- Use support hose or elastic stockings to help prevent swelling of the ankles and lower legs.
 - Avoid constrictive clothing such as knee-high stockings or garters.
 - Avoid long periods of standing.
 - Have rest periods, with your legs elevated, periodically throughout the day.
 - For varicosities in the legs, lie with your back flat on the floor and legs elevated against a wall several times daily for 5-15 minutes at a time.
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- For vulvar varicosities, lie on the floor with your shoulders flat on the ground and feet against the wall. Raise hips and buttocks off the floor.
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- Keep legs uncrossed when sitting.
 - Sit with legs elevated when possible.
 - Maintain good posture and good body mechanics.
 - Engage in mild exercise and walking to aid with circulation.
 - Wear a "Belly band."
 - Take warm, soothing baths.