



Notes ~ Topics & Time Stamps

Getting Rid of Our Varicose Veins ~ August 22, 2023

<https://www.facebook.com/groups/trimhealthymamas/posts/192019980418310>

.20- Serene shares that on a recent Poddy, they shared about getting their varicose veins fixed. Mention of both ablation and laser options for the varicose veins.

1:05- Pearl shares that she started early with signs of varicose veins and with every pregnancy they got stronger and stronger.

2:17- Serene shares that this is their second appointment and that they have to have several treatments because their varicose veins are so intense. Mentions that their insurance covers most of it, but if it did not cover it, it would be expensive.

2:50- Mention of the Trident Vein Center in Spring Hill, Tennessee.

3:05- Pearl says that for her it is a “spa-like” experience.

3:25- Pearl shows us her compression stockings and explains how they have to wear them after each procedure.

4:20- Mentions that their treatments will take about a year.

4:34- Serene shares that each person has 27 miles of vascular or vein network and these procedures for varicose veins help to reroute the blood to healthier veins that can handle it. Serene mentions that she feels more energy in her legs and that the procedures that they are having have no downtime.

5:27- Pearl mentions that they are stopping at Target to get some egg white bites and coffee. Serene is happy with her zippy of walnuts and Goji berries that she has brought along for the ride.

6:10- Serene mentions that she will be getting on more in the Facebook groups with Pearl's help!

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