

## **Vulval Veins/Varicosities**

### **What are vulval veins?**

Vulval veins are essentially varicose veins in the vulval region. Due to the increase in blood volume in pregnancy and the weight of the baby growing in your uterus, these can all affect the circulation of blood around the body and result in pooling and swelling of the veins in the vulval region.

### **What are the symptoms of vulval veins?**

- Feeling full or a sense of pressure in the vulval region
- Swelling in the vulval region
- General discomfort and/or aching in the vulval region

### **What can I do to manage my vulval veins in pregnancy?**

1. Compression to the vulval region
  - Apply pads
  - Double undies or high waisted firm undies
  - Compression shorts such as Lenny Rose Maternity shorts/leggings (they have specially designed gussets to help support the vulva)
2. Cold pack to vulval area
  - You can use various methods including frozen pads, icy poles, cold pack
  - Wrap them up in paper towel to protect your skin from developing an ice burn
3. Elevate your feet
  - If you can elevate your feet above your heart for 20-30 mins 2-3 times this will help the blood return around your body and it should help to reduce some of the swelling in your vulval area
4. Get into the pool
  - If you immerse yourself into the pool, this helps with getting the blood moving around your body and can help to reduce the swelling associated with your vulval veins

If you have concerns about your vulva and you are unsure if you have vulval veins, speak to your healthcare team for advice and assessment.