

Leg Swelling

Edema refers to the swelling that occurs in the legs, ankles, and feet, often experienced after prolonged sitting or standing.

Activities like long plane flights, extended car rides, or prolonged standing at work can trigger this swelling. Additionally, issues such as varicose veins and hormonal changes may contribute to edema. However, in some cases, ankle and foot swelling can signal more serious underlying conditions like heart failure, infections, blood clots, or liver and kidney diseases.

If you experience any of the following symptoms, call 911 immediately for emergency care:

- Sudden chest pain, which could indicate a blood clot in your lung known as a pulmonary embolism.
- Difficulty breathing.
- Coughing up blood.



Contact your doctor or The Doctor Edges nurse's line immediately or seek prompt medical attention if you experience any of the following:

- Signs of a blood clot, such as pain in your calf, back of the knee, thigh, or groin, or redness and swelling in your leg or groin.
- Symptoms of infection, such as increased pain, swelling, warmth, redness, red streaks, pus, or a fever.

Monitor changes in your health closely, and notify us if:

- Your swelling worsens.
- You experience new or worsening pain in your legs.
- Your condition does not improve as expected.

Self-Care Guidelines:

- Take any prescribed medication as directed by the doctor, and contact them or our nurse advice line if you encounter any issues with your medication.
- Whenever you're resting, elevate your legs above the level of your heart to help reduce swelling.
- Avoid prolonged periods of standing or sitting in one position. Take regular breaks to move around. Engage in activities that promote blood flow in your lower legs, such as walking.
- Move your feet and ankles frequently while standing, or contract and relax your leg muscles.
- Consider wearing support stockings, putting them on in the morning before swelling worsens.
- Maintain a balanced diet and, if necessary, work towards losing weight. Limit your intake of salt (sodium) in your diet, as it can contribute to fluid retention and swelling.