



Leg Edema (Swelling of the Legs)

WHAT CAUSES SWELLING OF THE LEGS?

Your legs can swell when fluid becomes trapped in the tissues and builds up. Reasons for this excess fluid include:

- Veins in the legs cannot pump the blood back to the heart properly.
- A medication is causing swelling.
- There is an underlying condition (e.g., heart, liver, or kidney problems).

WHAT WILL HELP REDUCE LEG SWELLING?

Your health care professional will talk with you about any medications that need to be changed because of leg swelling.

Other ways to reduce swelling and pain include:

- Socks/stockings or wraps that use pressure to support your legs and help return blood to the heart. This is called compression therapy and is key to treating leg swelling and pain.
- A vein health supplement. It may help when used together with compression therapy and costs about \$30 per month.
- Daily changes you can make:
 - Keep your legs raised when possible.
 - Don't sit or stand too long in 1 position.
 - Eat less salt.
 - Exercise or move more. This can help blood circulation and weight control.

HOW DO I USE COMPRESSION THERAPY?

- Wear your compression legwear every day except when sleeping.
- If you find compression legwear too difficult to use, talk with your healthcare professional:
 - There are different options, and you may find another type easier.
 - You can use rubber gloves, or an aid called a donning aid, to make it easier to put on and take off compression legwear.
 - You can find different styles and colours for a better appearance.



IMPORTANT TIPS

1. Getting measured the first time you order compression legwear helps ensure a better fit and comfort.
2. When leg swelling is reduced, your compression legwear may need to be adjusted to maintain good support.

NOTES

