

# Tips for Managing Swelling

## Things you can do on your own



- If your feet are swollen, prop them up with a pillow so they are above your heart while you are lying down
- Change positions frequently, and move your arms and legs
- Avoid sitting for long periods
- Get a gentle skin massage
- Do light exercise, such as walking
  - If 30 minutes of exercise is too hard, break it up into shorter sessions (three 10-minute sessions)
- Wear compression socks or sleeves if your care team has recommended them
- Keep your skin clean and moisturized
- Ask your care team about physical therapy with a certified therapist
- Eat low sodium foods and avoid using extra salt
  - Read the sodium labels in your food and try to limit your sodium to 2 grams (or 2000mg) per day

See the Other Resources page for more information

## When to call your care team for help



- If only one arm or leg becomes newly swollen or more swollen than it was before, call your care team right away. This could be a sign of a blood clot.
- If your arm or leg swelling is painful
- If your belly becomes swollen and hard
- If you are having trouble breathing along with arm or leg swelling
- If you have signs of infection
  - If your swollen areas are red and hot
  - If you have a high fever over 100.5°F (38°C)

## Additional information on Swelling



- [Click here](#) for tips on what to do if you have swelling
- [Click here](#) to learn about a specific type of swelling, called lymphedema, is the build-up of fluid in soft body tissues when the lymph system is damaged or blocked
- [Click here](#) for more information on how to eat a low sodium diet

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