

Edema Management

Patients who are more likely to having leg swelling/edema:

- Chronic kidney disease
- Hypertension
- Heart failure
- Liver disease/Cirrhosis
- Obese
- Protein in the urine
- Untreated sleep apnea
- History of DVT
- History of venous insufficiency
- Previous orthopedic injury
- Previous vein harvest

Lifestyle modifications to prevent/improve swelling:

- Eat a low sodium diet (consume <2000 mg/day of sodium)
 - Probably the most effective way of decreasing swelling
- Elevate legs
 - Legs should be at the same level as your hips while sitting
- Do not sit with feet hanging down for long periods of time
 - Take frequent breaks if on a long plane/car ride
- Remove/loosen tight shoes and stockings
- Use compression hose or ACE wraps of the lower legs
 - Most pharmacies sell basic compression hose
 - Jobst stockings may be necessary (prescription required)
- Exercise regularly
- Lose weight
- Minimize the use of the following medications
 - NSAIDs (anti-inflammatory pain relievers)
 - Calcium channel blockers (blood pressure medication)
 - Cardizem
 - Diltiazem
 - Nefidiac (nifedipine)
 - Norvasc (amlodipine)
 - Plendil (felodipine)
 - Verapamil
 - Steroids
 - Actos (Pioglitisone) (diabetes medication)

If the above strategies do NOT eliminate the swelling, your doctor may prescribe a diuretic (“water pill”) to help manage the edema.

- Bumex (bumetanide)
- Lasix (furosemide)
- Demadex (torsemide)
- HCTZ (hydrochlorothiazide)
- Maxzide (triamterene/ hydrochlorothiazide)
- Dyazide (triamterene/ hydrochlorothiazide)
- Spironolactone (Aldactone)

Please seek medical attention immediately if you have shortness of breath (difficulty breathing) or chest pain, which could be signs of pulmonary edema (fluid on the lungs).

Please seek medical attention immediately if you have painful swelling on one leg, which could indicate a blood clot (deep vein thrombosis or DVT).