

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 often, and move your arms and legs.
- Avoid sitting for long periods of time.
- 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 like three, 10-minute sessions.
- Wear compression socks or sleeves if your care team suggests 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 2000 mg) per day.



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 of 100.4°F (38°C) or higher



For more information and support, visit the American Cancer Society website at cancer.org/swelling or call us at **1-800-227-2345**. We're here when you need us.