

Occupational Therapy TOOLKIT

Edema Control of the Leg(s)

- ☐ Keep your leg(s) elevated above the level of your heart as much as possible when sitting in a chair or sofa and when lying down. Support your leg(s) with a pillow under your calf but not under your heel or knee.



- ☐ Apply a cold pack to your hip/knee/ankle/foot (circle one). The temperature should not be cooler than 59° F / 15° C.

Apply cold pack for _____ minutes, _____ time(s) a day

- ☐ Lightly massage your leg with lotion. Work from the foot to the knee to the hip.

Massage for _____ minutes, _____ time(s) a day

- ☐ Wear your TED hose or compression stockings.

Wear them _____

- ☐ Pump your ankles _____ times a day.

