

1. Swelling

MODULE 2

Causes

During pregnancy, your body contains more blood and other fluids. This increase is normal but may cause your feet, hands, and face to swell. This occurs generally during the last three months of pregnancy. Approximately eight out of ten women have problems with swelling during pregnancy.



What can I do?

- Avoid tight clothing and accessories such as elastic belts, ankle or knee stockings with wide elastic bands, rings, and watch bracelets that are too tight.
- Try to put on weight gradually.
- Avoid standing for long periods.
- Avoid crossing your legs.
- If your hands are swollen, bend and straighten your fingers and make circles with your hands.
- Rest with your feet elevated as often as possible. Lie down on your left side. This may increase blood circulation and decrease swelling.
- Try to reduce your physical work.

If your ankles and feet are swollen, repeat the following exercise for 10 to 15 minutes twice a day.



If nothing works?

- Consult your health care provider before taking any type of medication.
- If you feel tingling in your hands especially during the night, talk with your health care provider or physiotherapist.
- Consult your health care provider immediately if your hands or face swell suddenly or if they become numb.