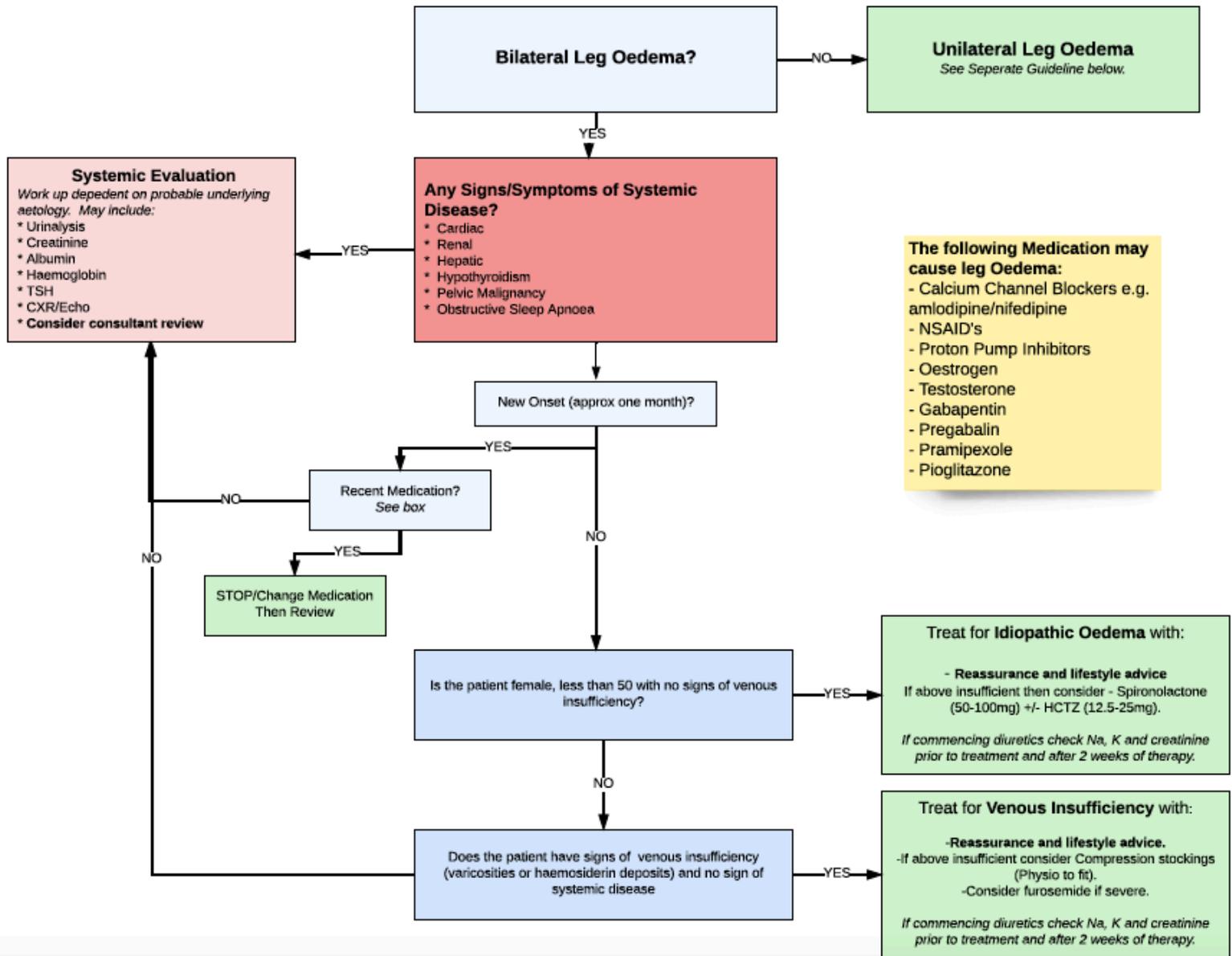


## Leg Oedema

### Key Facts

- Oedema is palpable swelling caused by increased interstitial fluid.
- The most common cause is venous insufficiency (affects 30% of the population).
- Most causes are benign but first serious pathology must be excluded.



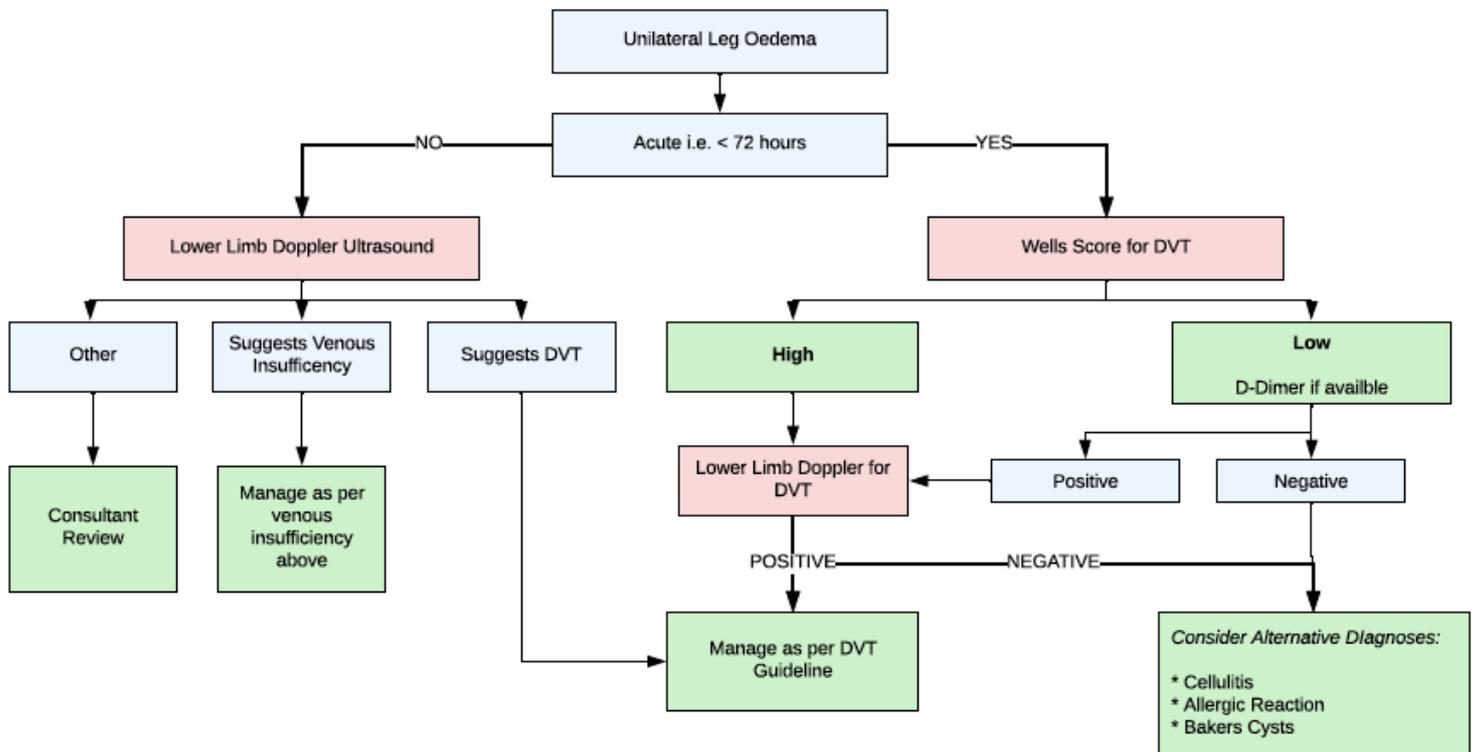
## Lifestyle Advice

### Do

- ✓ raise your legs or the swollen area on a chair or pillows when you can
- ✓ get some gentle exercise, like walking, to improve your blood flow
- ✓ wear wide, comfortable shoes with a low heel and soft sole
- ✓ wash, dry and moisturise your feet to avoid infections

### Don't

- ✗ do not stand or sit for long periods of time
- ✗ do not wear clothes, socks or shoes that are too tight



### Modified Well's diagnostic score

Score 1 point for each of following and subtract 2 points if alternative diagnosis is as likely as DVT

- Active Cancer
- Paralysis or recent plaster on legs
- Bedridden for 3 or more days
- Major surgery previous 12 weeks
- Localised tenderness along deep venous system
- Entire leg swollen or calf swelling more than 3cm compared with asymptomatic leg.
- Pitting oedema confined to symptomatic leg
- Collateral superficial veins
- Previous DVT

Unlikely DVT = Score of 1 or less (look for alternative dx)

Likely DVT = Score of 2 or more

### References:

- [https://www.medscape.com/viewarticle/842992\\_2](https://www.medscape.com/viewarticle/842992_2)
- <https://www.nhs.uk/conditions/oedema/>
- <https://www.aafp.org/afp/2013/0715/p102.html>