

The Ultimate Checklist for Managing Pregnancy Swelling

- **Elevate Your Feet –**
Prop them above heart level with a pillow or ottoman to reduce ankle swelling.
- **Wear Comfortable Shoes –**
Supportive sneakers or cushioned sandals with arch support.
- **Stay Hydrated –**
Drink 8–10 glasses daily; add cucumber or lemon for extra refreshment.
- **Avoid Standing Too Long**
Alternate sitting and standing; take short breaks every 30–40 minutes.
- **Exercise Regularly –**
Gentle movement like walking, swimming, or prenatal yoga to boost circulation.
- **Balanced Diet –**
Choose potassium-rich foods (bananas, spinach, avocado) and reduce sodium.

Bonus Comfort Tricks

Try compression socks or a cool lavender foot soak for instant relief.