**Swelling due to blood pressure**

Excess moisture in the tissues causes swelling. Water takes up the rest of the fluid.

Swelling may be generalized or limited to a particular limb or a section of a limb. The feet and lower legs are always swollen. People who are forced to stay in bed for long periods of time (bed rest) can experience swelling in the buttocks, genitals, and backs of the thighs. Women who only sleep on one side can feel swelling in the breast on that side. A hand or an arm swells infrequently.

**Leg Swelling (Edema)**



A limb will swell unexpectedly. People sometimes experience a sense of tightness or fullness. Some signs, such as shortness of breath or pain in the affected leg, can be present depending on the source of the swelling.

**Causes**

Swelling that affects the whole body differs from swelling that affects either one arm or a portion of a limb.

**Widespread swelling** is most commonly caused by

* [Heart failure](https://www.msdmanuals.com/home/heart-and-blood-vessel-disorders/heart-failure/heart-failure-hf)
* [Liver failure](https://www.msdmanuals.com/home/liver-and-gallbladder-disorders/manifestations-of-liver-disease/liver-failure)
* Kidney disorders (especially [nephrotic syndrome](https://www.msdmanuals.com/home/kidney-and-urinary-tract-disorders/kidney-filtering-disorders/nephrotic-syndrome))

Both of these conditions cause fluid accumulation, which leads to swelling.

Blood pooling in the legs is another source of lower leg swelling. Blood pooling causes a slight degree of swelling in many obese, middle-aged, and elderly individuals towards the end of the day. By the morning, the swelling should be gone. Blood will collect in the legs if the valves, which can happen in individuals who have already had blood clots in the legs. Swelling does not normally go away overnight in such individuals.

In the latter stages of pregnancy, many women feel swelling. Women who have a lot of swelling, particularly if it affects their hands and faces and is followed by high blood pressure, may have preeclampsia, which is a risky disorder.

* A blood clot in a deep-lying vein in a leg (deep vein thrombosis).
* Skin inflammation Swelling that is limited to a single limb or portion of a limb is most frequently caused by (cellulitis)

Many illnesses raise the risk of blood clots in the veins. These clots usually form in a leg vein, but they can also form in an arm vein. Blood clots in veins can be harmful if they break off and migrate to the lungs, obstructing the flow of blood.

Cellulitis usually produces skin swelling on just a portion of a leg. An infection deep underneath the skin or in the muscles may cause the whole leg to swell much less regularly.

An allergic reaction can cause swelling around the mouth and other areas (angioedema). Angioedema is an inherited condition in which swelling appears and disappears at frequent intervals.

**Evaluation**

While swelling can seem to be a minor annoyance, particularly if it is painless and goes away while a person sleeps, it may be a sign of a serious condition. The following details will assist individuals in determining whether a doctor's examination is needed and in understanding what to expect during the assessment.

**Signs to be aware of**

Certain signs and features of individuals with swelling are cause for concern.

They include:

* Sudden onset
* Just one leg swelling
* Severe pain or tenderness
* Shortness of breath
* Coughing up blood

**When to see a doctor**

People who show warning signs should see a doctor as soon as possible. People who have a history of cardiac, lung, or kidney problems, or who are pregnant, should see a doctor as soon as possible if they have no warning signs. Other patients who don't have any warning signs should make an appointment with a specialist as soon as possible. A week's worth of delay is typically not detrimental.

**physician organizes**

Doctors begin by inquiring about a patient's symptoms and medical records. A physical examination is then performed by the doctors. What they learn during the history and physical assessment often leads to a source of swelling and the testing that might be needed.

Doctors can encourage patients with long-term swelling to keep track of their daily weight so that swelling changes can be noticed early.

Doctors pay close attention to the swollen region during the physical test, but they also check for other symptoms. Doctors use a stethoscope to listen to the heart and lungs so swelling could indicate a heart problem.

**Testing**

Blood checks are performed on the majority of patients with widespread swelling to assess the function of the heart, kidneys, and liver. Urinalysis is normally used to screen for high protein levels, which may signify nephrotic syndrome or preeclampsia in pregnant women. Other experiments are carried out in accordance with the probable source. Doctors may use ultrasonography to check for blockage of a vein in the leg in people who have isolated leg swelling,

**Treatment**

Treatment is granted to specific causes (for example, anticoagulants [blood thinners] are given to people with blood clots in the legs). Where practicable, any medications that caused the swelling are prevented or changed.

Since swelling is not dangerous in and of itself, physicians should not prescribe water pills (diuretics) to patients until the source of the swelling is being treated (such as heart failure). However, certain basic general steps, such as sitting with your legs elevated or restricting your salt intake, can help reduce swelling.