



Your Legs and Pregnancy

During pregnancy, a woman's body goes through many changes, including an increase in blood volume and fluid. This fluid may cause swelling, often in legs, ankles and feet. Your legs may ache or feel heavy and tired.

Your Veins

Hormonal changes and weight gain are two factors that contribute to the increased development of varicosities during pregnancy. Many times varicose veins will show up during the pregnancy & disappear soon after the baby is born.

Benefits of Compression

Juzo maternity compression stockings and socks provide external support to the vein walls during pregnancy. In addition, they:

- Help minimize varicosities
- Control leg and ankle swelling
- Have a high elastic body part

If you are pregnant and experiencing tired, achy legs or excessive swelling in the lower legs and ankles, ask your primary care provider about wearing maternity graduated compression stockings.

What To Avoid

- Sitting or standing for long periods of time - makes your veins work harder, increasing your chance of venous problems
- Crossing your legs while sitting - puts pressure on veins around the knee and interferes with blood circulation
- Tight-fitting clothes & high-heeled shoes contribute to poor circulation
- Smoking & excessive sodium and alcohol intake

Leg Health Tips What To Do :

- Wear compression stockings or socks
- Wear comfortable clothing & shoes
- Point & flex your foot 10-12 times repeat often
- Swim or walk
- Maintain a healthy weight