

Information for People with Lymphoedema

Skin Care

- Dry your skin well, especially between toes and fingers.
- Treat any cuts, scratches, etc., with an antiseptic cream immediately.
- Use an insect repellent to avoid being bitten during summer months or on holiday.
- Use a cream or electric razor on limb to remove unwanted body hair.
- Do not have blood, blood pressure or injections taken on the affected limb.
- Avoid sunburn, wear a high factor sun lotion or don't expose the skin.
- Avoid hot baths, sauna and sunbeds.
- Apply cream/lotion on an evening (it will soak into your skin overnight).

Hosiery Hints

- Apply hosiery first thing in the morning.
- Do not fold the top over your hosiery.
- Ensure there are no wrinkles in your hosiery.
- Do not cut your hosiery (it won't work properly and it's expensive).
- Do not tumble dry or dry on direct heat.
- Do try to take a daily walk.
- Try wearing rubber gloves when applying hosiery (it helps to get it on).
- Do not carry heavy weights on your arm or put excess pressure on it



ADVICE ON SIMPLE LYMPHATIC DRAINAGE AND EXERCISE FOR LYMPHOEDEMA OF THE ARM

EXERCISE FOR THE LYMPHOEDEMA OF THE ARM

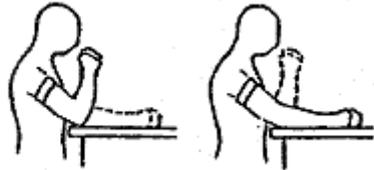
Place hands on top of head and bring down to shoulders. Repeat 10 times



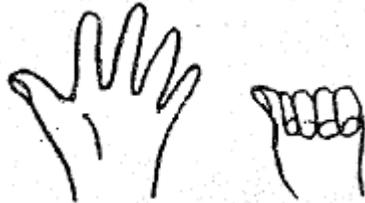
Place hands behind head and then bring down to behind back in wide circular movement. Repeat 10 times.



Slowly raise and lower arms from the elbow. Repeat 10 times.



Clench and unclench hands and fingers. Repeat 10 times on both hands



Hold arms down with hands clasped together and raise to above shoulder height. Repeat 10 times



Repeat all exercises twice daily.

Simple Lymphatic Drainage (SLD) for Lymphoedema Of The Arm

Lymphatic drainage is used to encourage fluid to drain from the swollen, congested arm to an area where it can drain normally. This massage concentrates on clearing fluid from the chest and swollen arm and should be performed at least twice daily.

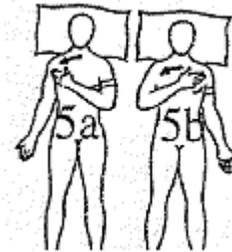
1) Ensure that you are in a comfortable position lying or sitting and that the area to be massaged is free from oil or cream.



2) Massage the lymph glands in the side of the neck in a back and downwards, circular motion 5 times. Then move hand down a finger width and massage in the same way 5 times.

3) Massage collarbone in an outwards direction. Repeat 5 times

4) Now massage the unaffected armpit in the direction of back and up, 5 times. Repeat this movement 4 finger widths lower



5) To massage the chest, start close to the unaffected arm (Fig 5a) and gently massage the fluid across the chest wall pushing away, towards the unaffected arm, but moving gradually closer to the affected arm (Fig 5b). If it is more comfortable, use the unaffected arm to massage. This should be done for 5-10 minutes covering the whole of the chest area.

6) If someone is able to help you, ask them to massage your back starting at the unaffected arm, moving towards the swollen arm.

7) Finish the session with a short breathing exercise which helps to clear the deep lymphatic system. Place both hands on the abdomen and breathe in slowly and deeply. Hold for two seconds and release. Repeat 5 times.

