

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).

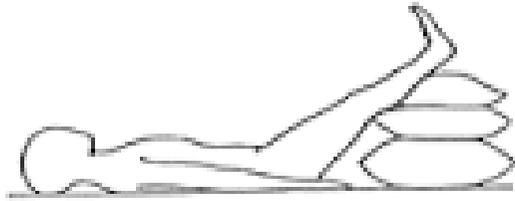
Hosiery Hints

- 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.
- Do not walk around bare foot if your leg/s is/are affected.
- Do not wear low fronted or high heeled shoes if your legs are affected, they will make the swelling worse



ADVICE ON EXERCISE FOR LYMPHOEDEMA OF THE LEG

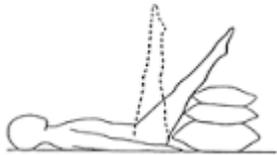
EXERCISE FOR THE LYMPHOEDEMA OF THE LEG



These exercises are best done lying on a bed or floor with the leg raised on pillows or cushions. You may support your head with a pillow if necessary.



1) Slowly and firmly bring one knee up to the chest.



2) Slowly straighten leg and lower down onto the pillows. Repeat alternate legs 10 times.



3) Slowly and firmly point foot towards the floor then bring back as far as it will go. Repeat 10 times.



4) Slowly and firmly rotate feet making circular movements with pointed toes. First clockwise, then anti-clockwise. Repeat 10 times.

Exercise is important for foot or leg swelling, but should not overtire you or your swollen limb. Start gently with plenty of rest periods where necessary and gradually build up length, strength and intensity of the exercise.

- Gentle, specific (as directed by your therapist) and regular exercise is encouraged. Gradually build up the amount you do.
- Do not overtire the swollen limb. If your foot or leg starts to ache, then rest!
- Recommended exercises include walking, swimming, light aerobics, cycling, yoga, Pilates and Tai Chi.
- Avoid vigorous, repetitive movements against resistance—use weights at the gym with care. Gradually build up your exercise programme and general fitness.
- Avoid standing in one position for long periods of time—try to keep moving or perform gentle exercises to keep the muscles working. Try keeping your toes on the ground and then pump your heels up and down. You can also walk on the spot.
- Use your legs as a guide to how much you can do. It is better not to exercise in the heat of the day. Whatever exercise you choose, remember to build up the amount you do gradually.
- Appropriate positioning of your legs whilst at rest will also lessen the likelihood of swelling occurring. Try to find an opportunity to rest on a reclining chair, settee or bed with the swollen leg resting on a cushion so that it is higher than heart level. This is the best way to use your body position to reduce the swelling.

N.B. Remember, movement and exercise are preferred to rest, but when resting, elevate your foot/leg.