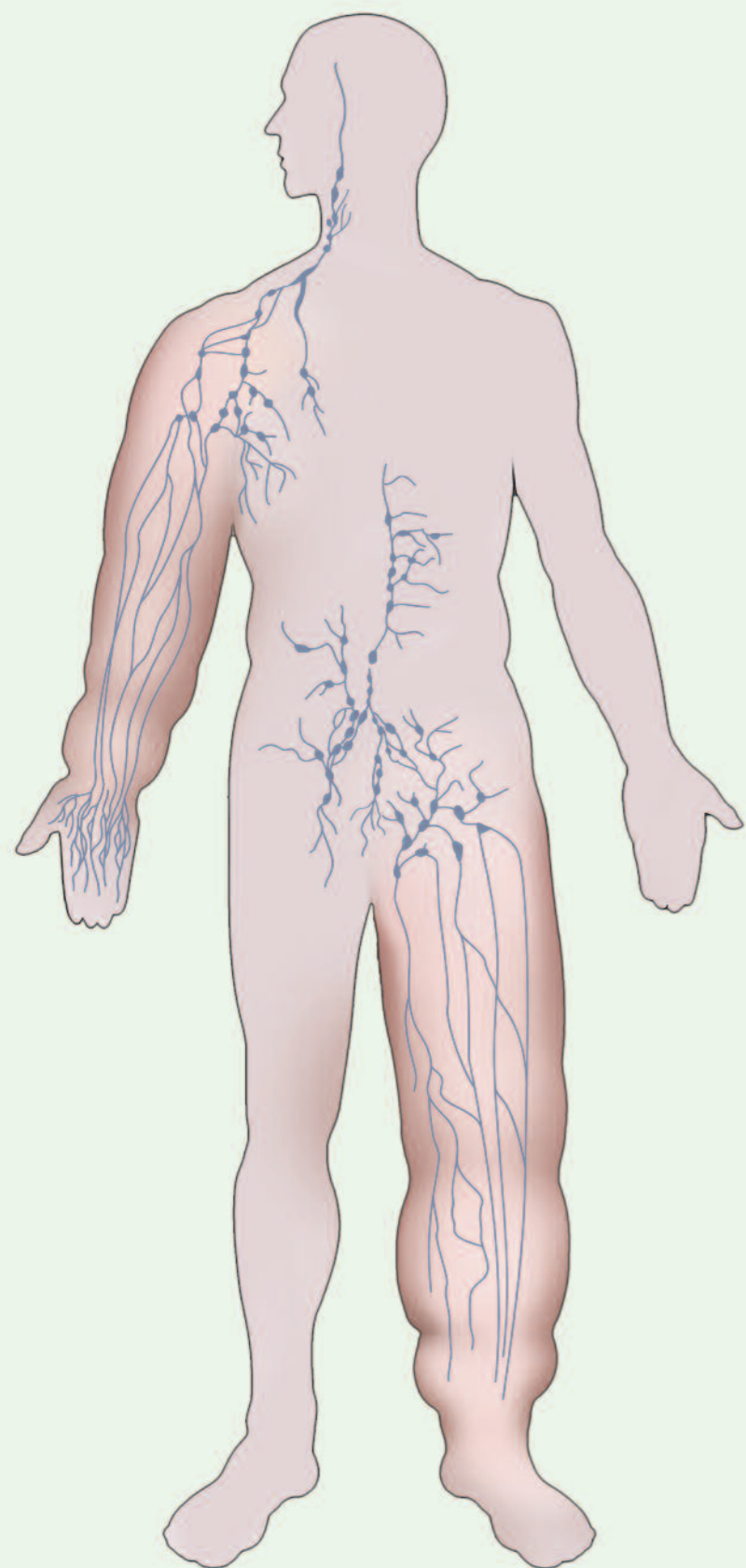


5 Key Self-Management Messages



1 Wear your compression garment or wrap every day

Apply first thing in the morning and remove at bedtime (unless your therapist has advised otherwise). Always compare any new garments with your old ones to make sure they are the same (if ordered as a repeat prescription)

2 Take good care of your skin

Wash and moisturise your limb daily using a recommended cream to keep your skin in good condition, and to reduce the risk of infection.

3 Be active!

Sitting/standing in one position (particularly with the limb hanging down) will make the swelling worse; just paddling the feet, getting up and walking around the room / going up and down one step a few times will improve the movement of fluid.

4 Think about your weight

Reduce or keep your weight within normal limits using a healthy eating plan and regular exercise, as this will have very positive benefits on your lymphoedema management.

5 Elevating your limb

Sleeping in bed, rather than a chair or recliner, is vital to control your swelling. To help your lymphatic system, elevate your limb even for short periods during the day.

If you have any questions or concerns, contact your lymphoedema therapist as soon as possible.