Comprehensive Lymphedema Management
Precautions For Lymphedema Patients

These precautions are offered to assist you with the management of your lymphedema symptoms:

- Avoid constricting pressure to affected limb, including blood pressure, pressure points or acupressure.
- Never allow needle sticks to affected limb, including blood drawings, injections or acupuncture.
- By using gloves, sunscreen and wearing shoes at all times, you can reduce the incidence of cuts, insect bites, sunburn, cooking injuries, sewing injuries or gardening injuries.
- Eat a well balanced diet. Avoid large amounts of proteins as lymph fluid is rich in protein. Avoid high fat foods and sodium intake. Increase fruit and vegetable consumption.
- Contact your doctor immediately for skin irritations, burns, itchy rashes, insect bites, redness or increased edema.
- Practice good hygiene. Dry limb completely after bathing.
- Use an electric razor.
- Keep skin moist with Eucerin or similar lotion.
- Carefully manicure nails. Do not cut cuticles; keep them soft and gently retracted.
- Avoid very hot baths, hot tubs, saunas, whirlpools and heating pads
- Do not let limb remain dependent (lower than the level of the heart) for prolonged periods of time. Elevate limb on a pillow while sitting or sleeping.
- Avoid heavy lifting.
- Do not let straps from handbags or shopping bags dangle from arms and cut into skin.
- Wear loose fitting clothing and underclothing.
- Wear jewelry on unaffected side.
- Limit standing if possible. If you have a lower extremity edema, elevate your legs at regular intervals.
- Exercise, but in moderation. However, the specific exercises prescribed by your physician should be used as ordered.
- It will be easier to manage your lymphedema in cool weather. Avoid prolonged periods outdoors in hot weather.
- Should you become pregnant, you must wear compression garments.
- Traveling in airplanes requires use of compression garments.
- Compression garments have a life expectancy of approximately 6 months. Replace them regularly.