



5 important things you can do to help your Lymphoedema



1

Wear your sleeve, stocking or wrap every day.

- ✓ Put on first thing in the morning and take off at bedtime. Do this unless your therapist has said not to.
- ✓ Check that your new stocking looks the same as your old stocking.



2

Take good care of your skin.

- ✓ Wash and dry your skin every day.
- ✓ Rub skin cream onto your skin every night. This will help your skin and help stop infection.
- ✓ Use the skin cream your therapist tells you to.



Be active

3

Be active!

- ✓ Do not sit or stand in one position for too long.
- ✓ Help move fluid in your body.
 - Paddle your feet up and down.
 - Get up and walk around the room.
 - Go up and down one step a few times.



4

Think about your weight

- ✓ Try to stay a healthy weight.
- ✓ Try to lose weight if you are heavy.
- ✓ Eat healthy food.
- ✓ Exercise often.



5

Keep your arm or leg lifted

- ✓ Lift your arm or leg up for a short amount of time. This will help with swelling.
- ✓ Sleep in a bed.
- ✓ Do not sleep in a chair or recliner.



If you are worried about your lymphoedema or you have any questions contact your lymphoedema therapist as soon as possible.