



# 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.



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: [www.lnni.org](http://www.lnni.org)