

# LYMPHEDEMA MANAGEMENT: REDUCE YOUR RISK



## 1 **RECOGNIZE EARLY SIGNS**

- A new feeling of discomfort, tightness or heaviness.
- Clothing or jewelry feeling unusually tight.
- A new onset of numbness or tingling.
- Visible swelling.
- Speak to your doctor if you notice a change.



## 2 **RECOGNIZE SIGNS OF SKIN INFECTION**

- All episodes of skin infections should be treated as an emergency and antibiotics may be required.
- The skin is warm and/or painful, a red and/or swollen rash is present.
- Fever or flu-like symptoms.
- Malaise, fatigue.



## 3 **PROTECT YOUR SKIN**

- A break in the skin can result in an infection and put stress on the lymphatic system.
- Avoid insect bites, scratches and harsh chemicals.
- Use caution when shaving, cooking or gardening.
- Protect against falls and fractures.



## 4 **AVOID CONSTRICTION**

- Avoid tight clothing and wear proper footwear.
- Tight jewelry and heavy bags can also cause constriction.



## 5 **AVOID HOT TEMPERATURES OR EXTREME COLD**

- Too much heat can increase lymph fluid buildup or cause swelling.
- Avoid long periods in hot tubs, saunas, very hot showers, and use caution on humid days.



## 6 WEARING GARMENTS

- 23-24 hours of compression is recommended.
- This can be achieved by wearing day and night time garments.
- Garments should fit properly and be regularly washed.



## 7 EXERCISE AT A MODERATE PACE

- Gradually increase your pace with regular exercise.
- Avoid sudden or extreme activities.
- Avoid sitting or standing for prolonged periods of time.



## 8 MAINTAIN A HEALTHY WEIGHT

- Healthy eating and regular exercise can help to maintain a healthy weight.
- You may also speak to your doctor about what a healthy weight means for you.



## 9 MEDICAL CONSIDERATIONS

- Blood work, injections, and blood pressure monitoring may be done on either affected or unaffected sides
- Speak to the attending practitioner if you wish to use your unaffected side exclusively



## 10 CONSULT A LYMPHEDEMA THERAPIST

- Regular follow ups (every 3-6 months) with a registered lymphedema therapist are scheduled based on an individual basis
- For more information and advice on how to reduce your risk and monitor for early signs, speak to a registered lymphedema therapist!



**CALL 613-422-5061 TODAY TO BOOK A CONSULTATION WITH A  
CERTIFIED LYMPHEDEMA THERAPIST**

Note: The aforementioned recommendations are to serve as guidelines and can not guarantee the prevention of Lymphedema in those at risk, or worsening of Lymphedema in those with swelling. Consultation with a physician and/or a Lymphedema therapist is recommended.