

LYMPHEDEMA MANAGEMENT: REDUCE YOUR RISK



1 RECOGNIZE EARLY SIGNS

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



2 RECOGNIZE SIGNS OF SKIN INFECTION

- Signs and symptoms of skin infection include: warm to the touch, redness, swelling, pain, fever and fatigue.
- All episodes of skin infections should be treated as an emergency and antibiotics may be required.



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, tight jewelry, and heavy bags as they can cause constriction.
- Wear proper footwear.



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.
- Consult with a certified lymphedema therapist before starting any new exercise programs.
- 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

- Whenever possible, avoid bloodwork, injections, and blood pressure monitoring on the affected side
- 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 certified lymphedema therapist is recommended.