

HOW TO RELIEVE YOUR LYMPHEDEMA IN SUMMER?

As you know, lymphedema is a chronic pathology that requires long-term management.

So, what to do if you are unable to consult your therapist?

Here are some tips to put into practice between 2 lymphatic drainage sessions or in case of temporary interruption of your treatment.

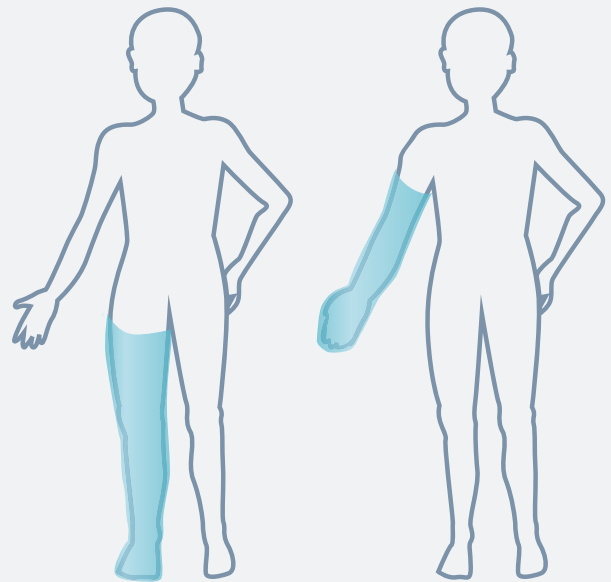
In case of doubt, contact your usual practitioner.

Your best ally in reducing edema is pressure augmentation, by using specific therapeutic solutions :

1

Medical compression

Wear your prescribed compression sleeves or stockings night and day, and even more seriously than usual.



2

Self compression bandages

If you are concerned about an increase in the volume of the affected limb, use self-bandages, provided you have learned how to apply them with your practitioner.

Safety Precautions :

- Be careful with the superimposition of layers and the pressure thus exerted.
- At night, avoid wearing elastic compressions, especially those with a long stretch.
- As soon as pain appears in the limb (e.g. tingling), remove the bandage immediately!



3

Manual pressure on the edema

Apply manual pressure to the swelling to relieve the limb. If this works well, you will see the edema soften. The pressure must be adapted (more or less important) and repeated at least 3 times on the zone before moving on the edema by going up the limb.

**4**

Pressotherapy

Use a pressure therapy machine, if you have one, as soon as possible. The device and its massage accessories - sleeve or boot - activate the venous and lymphatic return circulation and thus contribute to the reduction of the edema.

**5**

Physical activity

Practice physical activity, but WITH your sleeve or compression stocking. Avoid too long and/or repetitive movements with the affected limb.

Document elaborated in collaboration with James Gipson – DE physiotherapist



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