

Healthy Habits:

Living with lymphedema



+ If you **wear compression garments** to manage your lymphedema, replace every 6 months for daytime garments and replace every 12 months for nighttime garments.

+ **Medical procedures**, including blood pressure measurements, injections and blood draws or IVs **should be avoided in the affected limb** with lymphedema.

+ Maintain **strict skin hygiene** through daily cleansing with mild products. Moisturize regularly with low-pH lotion to prevent dryness, cracking and skin breakdown.



+ **Monitor for signs of infection** (redness, warmth, pain, swelling, flu-like symptoms). Notify your doctor immediately if you see any changes or signs of infection.

+ **Exercise with caution** if there is a risk of sun exposure that could cause skin injury or breakdown (sunburns).

+ **Wear sunblock** SPF 30 or greater when outside to prevent sunburns.



+ If you regularly wear compression garments, those should also be worn during air travel. When flying, **attempt to move around during your flight** (ankle pumps, knee flexion and extension, arm pumps, arm flexion and extension), **drink lots of water** and elevate limbs if possible.



+ Avoid the use of saunas.