

### Extremes of Temperature

- Avoid exposure to extreme cold, which can be associated with rebound swelling or chapping of skin.
- Avoid prolonged (greater than 15 minutes) exposure to heat, particularly hot tubs and saunas
- Avoid placing limb in water temperature above 102° Fahrenheit (38.9° Celsius).

### Additional Practices Specific to Lower Extremity Lymphedema

- Avoid prolonged standing, sitting or crossing legs.
- Wear proper, well-fitting footwear and hosiery.
- Support the at-risk limb with a compression garments for strenuous activity ( i.e. weight lifting, prolonged standing, running) except in patients with open wounds or with poor circulation in the at-risk limb.
- Persons with lower extremity lymphedema should consider a seat with increase leg room, such as a bulk-head or first class seat as possible.

### Diet

- Ensure adequate fluid intake.
- General recommendations are low sodium, high fibers and vitamin rich diets.
- Maintain healthy habits, avoid caffeine, salty foods and avoid obesity.



#### Lymphedema websites:

National Lymphedema Network (NLN):

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

Lymphatic Research Foundation (LRF):

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

Circle of Hope Lymphedema Foundation:

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

E Lymph Notes:

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

Lymph notes:

[www.lymphnotes.com](http://www.lymphnotes.com)

Maine Lymphedema Support Group:

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

Additional Website Links at: [www.klosetraining.com](http://www.klosetraining.com)

Contact your nearest Lymphedema

**Physical Therapist:**

Tel: (+974) 4439-7767 / 7898

P.O.Box 3050 Doha, Qatar

#### Patient and Family Education



[patienteducation@hamad.qa](mailto:patienteducation@hamad.qa)

© 2017 Hamad Medical Corporation

# Lymphedema Risk Reduction Practices



المركز الوطني لعلاج وأبحاث السرطان  
National Center for Cancer Care & Research

عضو في مؤسسة حمد الطبية  
A Member of Hamad Medical Corporation

# Lymphedema Risk Reduction Practices

---

## Skin care

- Avoid trauma/injury to reduce the risk of infection.
- Keep extremity clean and dry.
- Apply moisturizer daily to prevent chapping/chafing of skin.
- Pay attention to nail care; do not cut cuticles.
- Protect exposed skin with sunscreen and insect repellent.
- Use care with razors to avoid nicks and skin irritations.
- If possible, avoid punctures such as injections and blood draws.
- Wear gloves while doing activities that may cause skin injury (i.e. washing dishes, gardening, working with tools, using chemicals such as detergent).
- If scratches or punctures to skin occur, wash with soap and water, apply antibiotics and observe for signs of infections (i.e. redness).
- If a rash, itching, redness, pain, increased skin temperature, fever or flu-like symptoms occur, contact your physician immediately for early treatment of possible infection.



## Activity/Lifestyle

- Gradually build up the duration and intensity of any activity or exercise.
- Take frequent rest periods during activity to allow for limb recovery.
- Monitor the extremity during and after activity for any change in size, shape, tissue, texture, soreness, heaviness or firmness.
- Maintain optimal weight.
- Avoid carrying heavy bags or using shoulder straps on the affected arm.
- Use roller bags or obtain assistance for carrying, lifting and transporting luggage.
- Wear loose fitting, non-constricting clothing
- During flight, move about the cabin frequently if possible to enhance contribution of the “muscle pump”.
- Throughout your trip, try to avoid excessive activities of the type that tend to exacerbate your swelling, take frequent breaks for rest and elevation, and get adequate sleep.



## Avoid Limb Constriction

- If possible, avoid having your blood pressure taken on the at-risk extremity.
- Wear loose fitting jewelry.

## Compression Garments

- Should be well –fitting.
- Support the at-risk limb with a compression garment for strenuous activity (i.e. weight lifting, prolonged standing and running) except in patients with open wounds or with poor circulation in the at-risk limb.
- Consider wearing a well- fitting compression garment for air travel.
- Obtain the garment well in advance of air travelling and wear it several times to ensure proper fit and comfort.
- Place the garment on before take-off.
- Leave garment on for one to three hours after deplaning to allow tissue pressures to equilibrate.

