Self Lymphatic Drainage Short Form

Purpose

To stimulate lymph nodes and lymph vessels through the extremities. Clearing all the lymph node areas encourages the excess fluid to move out of the extremities more efficiently.

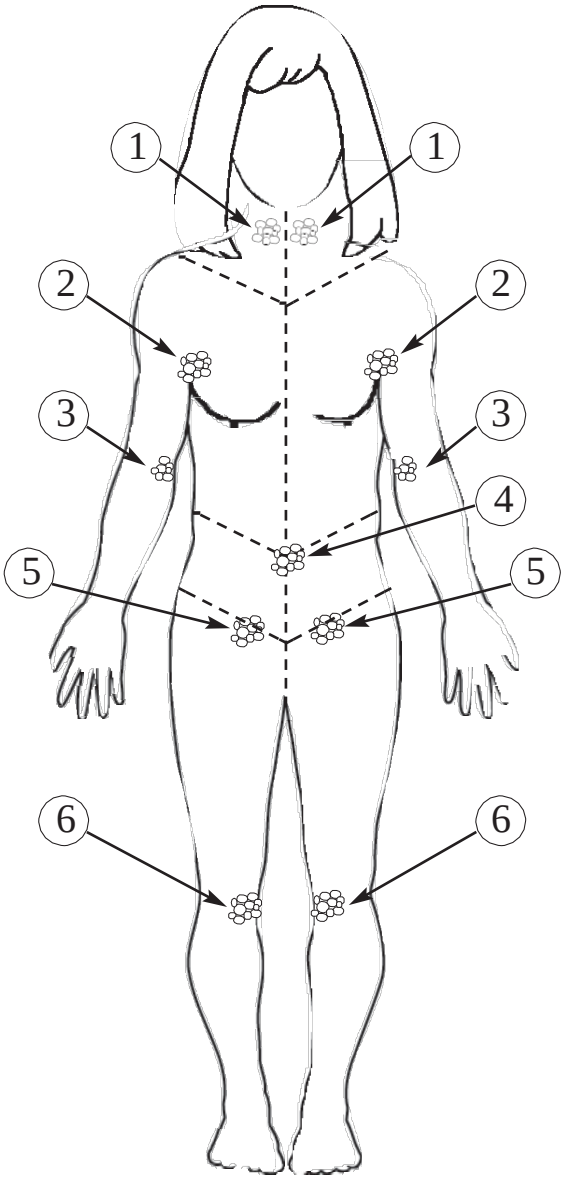
General information

- Begin with 4-5 deep breaths.
- It is most important for the pressure to be ***gentle to moderate.***
- Your hand should move in a "circular" fashion.
- Works best directly on dry skin.
- Repeat 10 times.

Major lymph node groups

1. Neck
2. Armpit
3. Elbow
4. Stomach
5. Groin
6. Behind the Knee

Major Lymph Node Groups



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The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

Lymphedema precautions and skin care

Practicing good skin care and modifying your activities is essential for managing lymphedema. This will help to reduce risk of infection and increased swelling.

- Examine arm/leg daily for cuts, bites or burns, as these can be sources of infection. Treat these by cleansing with anti-bacterial soap. Apply antibiotic cream and cover with sterile dressing or Band-Aid.
- Watch for signs of infection, such as: redness, warmth, tenderness and increased swelling. Notify your physician at first sign of infection.
- Wash daily with mild unscented soap.
- For dry skin, use a mild unscented lotion after bathing (Nivea®, Eucerin®, Aquaphor® or generic equivalent).
- Wash your compression garment or bandaging stockinette on a regular basis; hang to dry.
- Avoid prolonged sun or heat exposure. (Sunburn or increase in body temperature may increase swelling in the affected area.)
- Do not allow blood to be drawn from or injections to be given in your affected arm.
- Have blood pressure checks done on your unaffected arm.
- Avoid wearing tight clothing, jewelry or watches on your affected arm.
- Dry thoroughly between toes.
- Avoid tight fitting socks, elastic bands around ankles and constrictive clothing for the legs.
- Avoid over-the-counter medications for corns and calluses as they can burn the skin. Do not cut corns or calluses yourself.
- Shoes should be supportive and protective but not constricting.
- Maintain your ideal weight with a well-balanced, low salt diet. Avoid fatty, processed foods. Weight gain causes increased fluid retention.
- Drink plenty of water: 8-10 glasses per day is recommended.

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