

Lymphedema Skin Care Instruction

Skin Care – Avoid injury to lessen infection risk.

- Use moisturizer daily to stop dryness or rubbing of skin.
- File your nails but do not cut cuticles.
- Use sunscreen and bug repellent.
- Be careful with razors so you do not get cuts or scrape your skin.
- Avoid injections, blood draws and taking blood pressures in the affected arm or leg.
- Wear gloves while doing things that may cause harm to your skin.
- If scratches or cuts happen, wash with soap and water, use an antibiotic cream, cover with a band-aid and watch for signs of infection (e.g. redness, swelling).
- If a rash, itching, redness, pain, increased skin temperature, fever or flu-like signs occur, contact your doctor right away for early treatment of possible infection.

Activity or Lifestyle

- Check the leg or arm during and after activity for any change in size, shape, tissue, feeling, soreness, heaviness or firmness.
- Keep an ideal body weight.

Extremes of Temperature

- Avoid contact with extreme cold.
- Avoid long contact with heat (greater than 15 minutes), especially hot tubs and saunas.
- Avoid putting the leg or arm in water that is above 102° Fahrenheit (38.9° Celsius).