

Flying with Lymphedema

Taking a flight with arm lymphedema?

Here are some tips to avoid flare ups:

Always wear compression (bandages/sleeve) during the flight.

Stay hydrated.

Avoid keeping your arm dangling down, gravity can worsen the swelling.

Do simple movements like- squeezing soft ball, wrist rotations, elbow bending, shoulder rolls, etc.

Perform diaphragmatic breathing.

After flight if your arm looks more swollen, try to elevate, do lymphatic drainage & continue wearing your compression.

Taking a flight with leg lymphedema?

Here are some tips to avoid flare ups:

Always wear compression (bandages/sleeve) during the flight.

Stay hydrated.

Do simple movements like- toe curls, ankle rotations, calf raises in sitting.

Perform abdominal breathing.

After flight if your leg looks more swollen, try to elevate, do lymphatic drainage & continue wearing your compression.

In case you experience a flare up that is beyond your management consult a lymphedema therapist.

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