

Precautions to avoid flare up

Flare ups & infection are very common in lymphedema. Careful management of the swelling & following precautions may minimise the chances of the same.

Avoid wearing tight clothes. They can cause obstruction in the circulation.

Avoid wearing accessories in the affected extremity.

Avoid extreme temperature exposure. Avoid applying hot/cold packs on the affected extremity.

Avoid any injury.

Avoid mosquito bite.

Avoid measuring blood pressure from the affected arm.

Avoid injections, I.V , sugar tests, etc.

Use electric razors for grooming of affected extremity.

Always wear compression while air travel.

Avoid walking barefoot outdoors in case you leg is involved.

In case you experience redness, fever, increased swelling in arm/leg, increased warmth - those are signs of cellulitis. Consult your concerning doctor urgently.

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