

Lymphedema Management Recommendations

Date: [Insert Date]

To: [Patient's Name]

Address: [Patient's Address]

Dear [Patient's Name],

Following your recent consultation regarding your lymphedema, I am providing the following management recommendations:

Compression Therapy

1. Use compression garments as prescribed. Ensure they are fitted properly and worn daily.

Exercise

2. Engage in regular, gentle exercises to promote lymphatic flow. Consider activities such as walking, swimming, or yoga.

Skin Care

3. Maintain proper skin hygiene and moisturization to prevent infections. Inspect your skin regularly for any changes.

Manual Lymphatic Drainage

4. Consider seeing a certified lymphedema therapist for manual lymphatic drainage sessions.

Diet and Lifestyle

5. Follow a balanced diet and stay hydrated. Limit salt intake to reduce swelling.

Follow-Up

6. Schedule a follow-up appointment in [Insert Timeframe] to assess your progress and make necessary adjustments.

If you have any questions or concerns, please do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]