

Dear [Patient's Name],

We are writing to provide you with important information about lymphedema and how to manage your condition effectively. Lymphedema is a condition that involves swelling, usually in the arms or legs, due to a blockage in the lymphatic system.

Understanding Lymphedema

Lymphedema occurs when lymph fluid is not properly drained from the body. This can be caused by surgery, radiation therapy, or other medical conditions affecting the lymphatic system.

Management and Care

Here are some key strategies to help manage your lymphedema:

- Wear compression garments as prescribed.
- Engage in regular physical activity to promote lymph fluid drainage.
- Practice proper skin care to prevent infections.
- Follow a balanced diet to maintain a healthy weight.
- Schedule regular follow-ups with your healthcare team.

When to Seek Help

If you notice any increased swelling, discomfort, or changes in your skin, please contact our office promptly for further evaluation.

Thank you for entrusting us with your care. Should you have any questions, do not hesitate to reach out to our office at [Phone Number] or [Email Address].

Sincerely,

[Your Name]

[Your Title]

[Healthcare Facility Name]