

Lymphedema Self-Care Guidelines

Date: _____

Dear [Recipient's Name],

We understand that living with lymphedema can be challenging. This letter serves to provide you with essential self-care guidelines to help manage your condition effectively.

1. Compression Therapy

Use compression garments as prescribed. Ensure they fit properly to provide adequate support without restricting circulation.

2. Skin Care

Maintain healthy skin by keeping it clean and moisturized. Inspect your skin daily for any signs of infection or irritation.

3. Exercise

Engage in regular, gentle exercise to promote lymphatic drainage and maintain mobility. Consider activities such as walking, swimming, or yoga.

4. Elevation

Whenever possible, elevate the affected limb to reduce swelling. Aim to keep it above heart level.

5. Follow Up

Schedule regular appointments with your healthcare provider to monitor your condition and adjust your care plan as needed.

By following these guidelines, you can actively participate in your lymphedema management. If you have any questions or need further assistance, please reach out to your healthcare team.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]