

# INFORMATION SHEET

## Lymphoedema Self-Management Plan (Genital Oedema – Male)



Lymphoedema Practitioner

Today's date



Patient's name

Patient's date of birth

NHS no.

Key steps to managing your lymphoedema	Self-care plan	Individual advice given
<p><b>Looking after your skin</b></p> 	<ul style="list-style-type: none"> <li>• Wash and dry your genital area thoroughly, particularly between the penis and scrotum, and the scrotum and legs</li> <li>• Protect your skin by avoiding cuts, insect bites and scratches</li> <li>• Monitor skin for signs of cellulitis (infection of the skin): common symptoms are pain, swelling, heat, redness, blistered or broken skin and fevers</li> <li>• If you have signs of infection, contact your GP or call 111 out of hours</li> <li>• If skin becomes sore or is blistered, or if you notice any leaking from the area, inform your GP practice or community nurse</li> <li>• There is a risk of the skin around the genital area becoming fragile and sore. When toileting, washing or drying the area, use a patting or dabbing technique instead of wiping to protect the skin. If the skin has broken down, we may suggest you use an unperfumed barrier cream for skin protection</li> </ul>	
<p><b>Maintain a healthy lifestyle</b></p> 	<ul style="list-style-type: none"> <li>• Aim to lead an active and healthy lifestyle</li> <li>• Keep well hydrated and eat a balanced diet: maintaining a healthy weight will reduce the strain on your lymphatics</li> <li>• Aim to complete 30 minutes of moderate activity 5 times a week: walking, cycling, swimming or gardening are good ideas to consider</li> <li>• If you are new to exercise you may wish to seek the advice and support of a healthcare professional (GP, lymphoedema practitioner, physiotherapist)</li> <li>• Complete the lymphoedema specific exercise programme daily that was given by your lymphoedema practitioner</li> <li>• Build up activity and exercise levels gradually</li> </ul>	

If you have any questions, contact:  
Dorothy House Lymphoedema Service  
Telephone 0345 0130 555

Key steps to managing your lymphoedema	Self-care plan	Individual advice given
<p><b>Self-Lymphatic Drainage</b></p> 	<ul style="list-style-type: none"> <li>• Your lymphoedema practitioner may suggest that you follow a Self-Lymphatic Drainage (SLD) care plan</li> <li>• SLD is a form of self massage that helps to move the lymph fluid (swelling) towards its natural pathway(s) to promote drainage with the aim of reducing the swelling</li> <li>• Further information will be given on an individualised SLD care plan</li> </ul>	
<p><b>Positioning and support garment</b></p> 	<ul style="list-style-type: none"> <li>• It may be beneficial to put a rolled-up towel between your legs, under the scrotum and penis, in order to support and elevate the area</li> <li>• If possible, wear supportive underwear or cycling shorts</li> <li>• Wearing a sanitary towel or incontinence pad inside underwear can help to provide some support to the area; your lymphoedema practitioner may provide you with specific padding to use for this purpose.</li> <li>• When putting underwear on, try to position the tip of the penis pointing upwards, this will help the lymph fluid drain out of it</li> <li>• Your lymphoedema practitioner may provide you with a compression garment to wear in the form of tights/ shorts. They may also provide you with a scrotal support to wear, or a bandage to put around the scrotum.</li> <li>• Your lymphoedema practitioner may suggest that you use Kinesiotape as an additional form of support to aid lymph drainage. Further information will be given on an individualised care plan if appropriate.</li> <li>• Garments should be replaced every six months or if damaged. Set a reminder in your phone, diary or calendar each year and inform your GP or Prescriptions Team when you need a new set of garments.</li> <li>• If garments no longer fit or your swelling has changed, call your Lymphoedema Service or ask your GP to re-refer if you have been discharged</li> </ul>	

For further information, here are some other useful contacts:

**Lymphoedema Support Network** Website: [Lymphoedema.org](http://Lymphoedema.org) | Email: [admin@lsn.org.uk](mailto:admin@lsn.org.uk) | Telephone: 020 7351 4480

**Lipoedema UK** Website: [lipoedema.co.uk](http://lipoedema.co.uk) | Email: [info@lipoedema.co.uk](mailto:info@lipoedema.co.uk)

**British Lymphology Society** Website: [thebls.com](http://thebls.com)

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