

INFORMATION SHEET

Lymphoedema Self-Management Plan (Torso/Abdomen)



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
Looking after your skin 	<ul style="list-style-type: none">• Wash and dry your skin thoroughly, especially under skin folds• Apply non-perfumed moisturiser to your body daily• Protect your skin by avoiding cuts, bites and scratches. Apply antiseptic to any areas of broken skin• Monitor skin for signs of cellulitis (infection of the skin): common symptoms are pain, swelling, heat, redness, blistered or broken skin and fevers• If you have signs of infection, contact your GP or call 111 out of hours• If skin becomes sore, blistered or is weeping/leaking, inform your GP practice or community nurse	
Maintain a healthy lifestyle 	<ul style="list-style-type: none">• Aim to lead an active and healthy lifestyle• Keep well hydrated and eat a balanced diet: maintaining a healthy weight will reduce the strain on your lymphatics• Aim to complete 30 minutes of moderate activity 5 times a week: walking, cycling, swimming or gardening are good ideas to consider• If you are new to exercise you may wish to seek the advice and support of a healthcare professional (GP, lymphoedema practitioner, physiotherapist)• Complete the lymphoedema specific exercise programme daily that was given by your lymphoedema practitioner• Build up activity and exercise levels gradually	

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>Self-Lymphatic Drainage</p> 	<ul style="list-style-type: none"> • Your lymphoedema practitioner may suggest that you follow a Self-Lymphatic Drainage (SLD) care plan • 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 • Further information will be given on an individualised SLD care plan 	
<p>Positioning and support garments</p> 	<ul style="list-style-type: none"> • Your lymphoedema practitioner may suggest that you use a compression/support garment: these come in many forms and will be selected on an individual basis • Your lymphoedema practitioner may suggest that you use Kinesiotape and/or foam padding as an additional form of support to aid lymph drainage. Further information will be given on an individualised care plan if appropriate • 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. • 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 	

For further information, here are some other useful contacts:

Lymphoedema Support Network Website: Lymphoedema.org | Email: admin@lsn.org.uk | Telephone: 020 7351 4480

Lipoedema UK Website: lipoedema.co.uk | Email: info@lipoedema.co.uk

British Lymphology Society Website: thebls.com

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