

TREATMENT

Once signs of lymphoedema appear, steps can be taken to manage the symptoms and prevent them from progressing. Options include:

- ✓ Skin care
- ✓ Manual lymphatic drainage
- ✓ Compression garments/ bandaging
 - To help prevent additional fluid from accumulating in the tissue
- ✓ Gentle range-of-motion exercises
 - To stimulate lymphatic system



Consult your clinic immediately :

- When you notice redness or increased warmth of your limbs . This may be signs of infection.
- If you notice a slight increase in the size of your limb . You may want to measure your limb monthly to monitor for changes in size

LYMPHOEDEMA

CONTACT US

FEM @ MACPHERSON

401 MACPHERSON ROAD
MACPHERSON MALL #03-09/ 10
SINGAPORE 368125

TEL: (65) 6283 0950
FAX: (65) 6283 0951

FEM @ ORCHARD

3 MT ELIZABETH HOSPITAL
MEDICAL CENTRE #05-02
SINGAPORE 228510

TEL: (65) 6733 3383
FAX: (65) 6733 2955

FEM @ ALVERNIA

820 THOMSON ROAD #07-54
MOUNT ALVERNIA HOSPITAL
MEDICAL CENTRE D
SINGAPORE 574623

TEL: (65) 6259 8880
FAX: (65) 6259 8968

FEM @ NOVENA

38 IRRAWADDY RD.
MT ELIZABETH NOVENA
SPECIALIST CENTRE#11-53
SINGAPORE 329563

TEL: (65) 6339 1101
FAX: (65) 6339 2976



WWW.FEMSURGERY.COM

✉ info@femsurgery.com



Lymphoedema is a chronic condition that affects a number of cancer patients especially those who have removed or damaged their armpit lymph nodes as part of the treatment.

Although lymphoedema can be painful, even debilitating in some cases, it can be managed, and prevented.

LYMPHOEDEMA

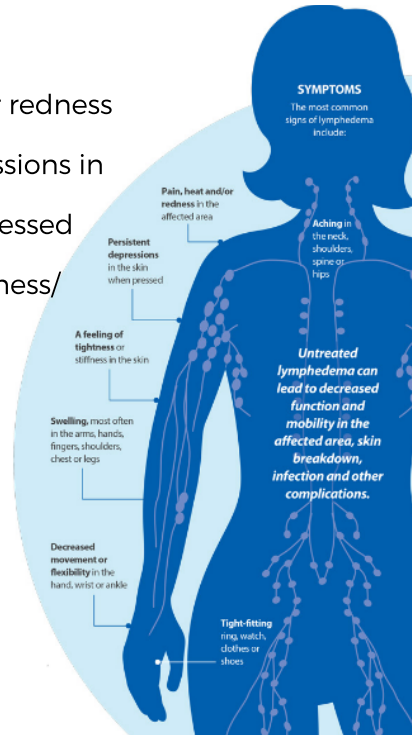


Lymphoedema is an **excessive collection of fluid** in the hand, arm, trunk or body part, due to disruption of the normal lymph flow, creating a blockage that prevents fluid from draining sufficiently.

This condition is **most commonly associated with breast cancer patients**, since surgical removal of lymph nodes and radiation therapy can cause lymphoedema.

SIGNS AND SYMPTOMS

- Pain, heat and/or redness
- Persistent depressions in the skin when pressed
- a feeling of tightness/stiffness
- Swelling
- Decreased movement or flexibility



PREVENTION ADVICE

If a cancer patient is deemed at risk for lymphoedema, a number of options may be recommended to keep the condition at bay.



This includes:

- Avoid constrictive jewellery. No redness or indentation should be visible on removal of jewellery.
- Avoid blood pressure taking on the arm.
- If travelling by plane, compression sleeves and gloves should be worn.
- Keep the skin clean and supple. Moisturise regularly to prevent skin from becoming dry or cracked
- Avoid direct heat such as hot baths, saunas or sun bathing. Use protective clothing and sunscreen (SPF 15 or more)
- Avoid tight clothing.
- Avoid any injuries to the limb, for example cuts, bruises, animal scratches, insect bites and knocks
- Removal of hair from the underarm should only be done using well maintained electric razor. Blade razors, creams and waxing increase the chance of cuts and redness of skin
- The arm must not be used for injections, drips or having blood samples taken, as inflammation may occur which could result in swelling.

