Patient/Caregiver Responsibilities for Lymphedema Treatment

**Signs & Symptoms of Infection:**
- ✓ Redness
- ✓ Warmth
- ✓ Malaise (Flu-like feeling)

**If symptoms occur, call medical doctor immediately**

**Compression Bandage Wear & Care**
- ✓ Manufactures guarantee quality up to 6 month continuous wear
- ✓ Keep all supplies after removal—all items are to be shown to therapist
- ✓ Re-roll all bandages 30 minutes prior to next visit
- ✓ Wear bandages for 24 hours
- ✓ To clean: use a gentle soap, hand wash
- ✓ Air dry

**Skin Care**
- ✓ Cleanse skin with gentle soap prior to scheduled appointment after removal and rollup of bandages
- ✓ Keep skin moisturized with low pH lotion
- ✓ Address any open wounds/cuts with therapist prior to bandaging
- ✓ Fungal infections MUST be cleared prior to treatment
- ✓ Cellulitis infections MUST be treated with antibiotics prior to treatment
- ✓ If severe pain occurs while wearing bandages then remove

**Compression Stocking**
- ✓ Compression stockings, as prescribed by therapist, are to be obtained prior to last week of treatment
- ✓ Follow manufactures instructions for care
- ✓ Follow therapist instructions for wear

**Diaphragmatic Breathing**
- ✓ Breath in and expand abdomen
- ✓ Breath out and deflate abdomen
- ✓ Place hand on abdomen to feel stomach rise and fall

**Exercise**
- ✓ Daily exercise as recommended by therapist
- ✓ Increase mobility as instructed
- ✓ Maintain Ideal Body Weight- seek nutritional/dietary assistance as needed

**If any questions, please call lymphedema therapist**

I have read and understood my responsibilities for lymphedema/edema treatment. I understand if these instructions are not followed, all gains and/or further improvement will be hindered. I will assume responsibility for payment of lymphedema/edema supplies if not fully covered by insurance/third party.

Signature_____________________________________________ Date_______________