



## FACT SHEET: TRIGGERS LIST – LYMPHOEDEMA PREVENTION

### Avoid excessive heat

- Avoid hot showers, baths or saunas;
- Always use 30+ sunscreen to prevent sunburn;
- Wear gloves when washing up; and
- Take caution when cooking to prevent oil splatters (wear gloves).

### Avoid infection to the affected limb

- Wear gloves and protective clothing when gardening;
- Always treat cuts and scratches or any break in the skin immediately with antiseptic. If infection occurs you may need to consult your doctor for a course of antibiotics;
- Use a good quality insect repellent to avoid insect bites;
- Take care when cutting nails; and
- Avoid using a wet razor to shave close to the affected limb eg: under arm, legs, bikini.

### Maintenance

- Keep skin soft and nourished, use soft soaps and keep limb moisturised;
- Avoid heavy lifting or excessive strain on the limb;
- Avoid tight clothing or jewellery on the affected limb;
- DO NOT ALLOW blood pressure or blood samples to be taken from the affected limb!
- Try to avoid putting on weight; and
- When travelling it is advised to wear a compression garment on the limb and do gentle exercises.

### Stay healthy and happy

If you notice a slight increase of size in the affected limb please consult your therapist or doctor as soon as possible.