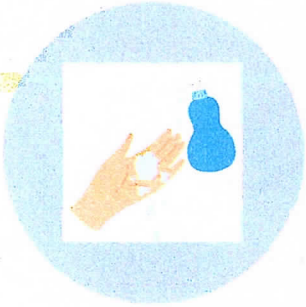
Skin Care and Lymphoedema

Cleanse Gently



- Use mild, fragrance free cleaners
- Avoid soaps that tend to dry you skin
- Avoid hot water, use lukewarm instead
- Pat the skin dry with a soft towel

Moisturise Regularly



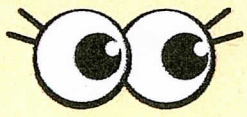
- Apply a gentle, hypoallergenic moisturiser daily
- Choose products with minimal additives to avoid irritation
- Apply moisturiser after bath to lock in moisture
- Keep hydrated. Drink plenty of water in hotter months

Protect Your Skin



- Avoid cuts, scratches and insect bites
- Use electric shavers instead of blades to prevent nicks
- Protect your skin from the sun - use sunscreens, long sleeves or pants
- Use insect repellents
- Wear gloves, long sleeves and pants when gardening

Inspect your Skin



- Check your skin regularly for signs of infection such as redness, warmth or increased swelling
- Pay close attention to skin folds and between toes. Use a mirror to inspect the bottom of your feet

Compression Garments



- Ensure they are clean and in good condition
- We STRONGLY recommend that garments are washed daily following the manufacturers recommendations