

LYMPHOEDEMA AND TRAVEL

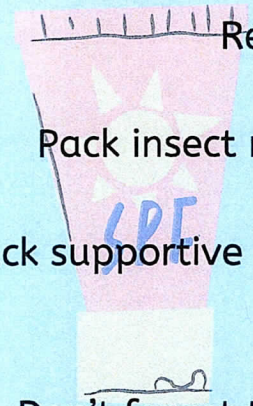
AIR TRAVEL

For those with Lymphoedema ensure that compression garments are worn for any long-haul flights

For people who do not have any symptoms of lymphoedema but are at risk compression sleeves are not required for air travel

Make sure to getup and move during the flight or take breaks to stretch and exercise during extended car travel

SKIN CARE



Remember to be sun safe, pack sunscreen and protective clothing

Pack insect repellent and wear long loose clothing to prevent any bug bites

Pack supportive and well-fitting footwear for walking, hiking and sightseeing to prevent blisters

Don't forget to pack your moisturiser as well as a first aid kit to manage any accidental damage to the skin

OTHER THINGS TO REMEMBER

In hotter climates swelling and other symptoms can be exacerbated so making sure compression is worn is beneficial

Hopping in a pool or the ocean can be a good way to help manage lymphoedema whilst travelling-just ensure there is no broken ie cuts or blisters that are uncovered

Take both sets of compression garments to allow for easier washing and wearing and take the second set on carry-on to ensure it doesn't get lost