



At-Home Compression Therapy for Early Lymphoedema

If your healthcare provider finds signs of early lymphoedema, they may prescribe at-home treatment with compression garments. Studies show that wearing your compression garments for 4 weeks for 12 hours per day can stop lymphoedema from getting worse.

At-Home Compression Therapy:

- Wear your compression garments daily for 4 weeks (28 days) for 12 hours per day
 - Put your garments on when you get up in the morning
 - Take your garments off before going to bed at night
 - Remember to check your garments periodically to avoid wrinkles
- After 4 weeks, return to your healthcare provider to have your L-Dex® score tested using the SOZO® device and for your lymphoedema assessment

Compression Garment Care:

- Wash compression garments regularly
 - You can wash your garment by hand or use a washing machine
 - Use warm water and a mild soap or detergent
 - Do not use chlorine bleach
 - Do not use fabric softeners
- Check your compression garments for snags, holes, or wear and replace if necessary
- If your compression garment hurts or causes a rash, contact your healthcare provider



Call your doctor right away if you have signs of an infection, like redness, warmth, pain, or fever.

References

Ridner SH, et al. A Randomized Trial Evaluating Bioimpedance Spectroscopy Versus Tape Measurement for the Prevention of Lymphedema Following Treatment for Breast Cancer: Interim Analysis. *Ann Surg Oncol* 2019; <https://doi.org/10.1245/s10434-019-07344-5>.

American Cancer Society "For people at risk of lymphedema" webpage. <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/lymphedema/for-people-at-risk-of-lymphedema.html>. Accessed July 31, 2019.

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<http://www.jobst-usa.com/our-products/wear-care/>. Accessed August 8, 2019.