



Lymphedema can't
take my freedom of
movement, if I detect
it early.

You can take control of your survivorship with simple, early lymphedema detection - before it becomes chronic.

At-Home Compression Therapy for Early Lymphedema

If your healthcare provider finds signs of early lymphedema, 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 lymphedema** 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 lymphedema 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.



Learn more

www.impedimed.com/preventing-lymphedema

REFERENCES

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