

# 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.





**CALL YOUR DOCTOR RIGHT AWAY IF YOU HAVE SIGNS OF AN INFECTION, LIKE REDNESS, WARMTH, PAIN, OR FEVER.**

### 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**

**Learn more** >>> [www.impedimed.com/preventing-lymphedema](http://www.impedimed.com/preventing-lymphedema)



**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. Position Statement of the National Lymphedema Network: Lymphedema Risk Reduction Practices. [www.lymphnet.org](http://www.lymphnet.org). May 2012. <http://www.jobst-usa.com/our-products/wear-care/>. Accessed August 8, 2019.