

## **LYMPHEDEMA PRECAUTIONS**

Lymphedema is swelling of the arm on the side of surgery as a consequence of removal of lymph nodes from the armpit. Prevention of Lymphedema is highly desirable as it is quite resistant to treatment. It can happen to about 15-20% of people who undergo surgery for breast cancer (where axillary lymph nodes are removed) and can set in weeks, months or years after surgery..

Precaution to be taken life long:

- Avoid pricks and needles on the arm on the operated side.
- Blood pressure measurement should be avoided on the side of surgery.
- Heavy weights more than 5 kg should not be lifted by the arm on the operated side.
- Cuts, stings, insect bite should be avoided.
- Tight garments, bracelets and rings should not be worn on the affected side.
- Be careful while paring your nails. Avoid waxing of the arm on the affected side.
- In case of any accidental cuts, wash the wound carefully and apply antiseptic ointment at once.
- If there is redness or swelling in the arm, report back immediately to your treating physician.
- If you wish to undertake a trip by flight, kindly ensure you have an arm sleeve (custom made) for the arm on the operated side during the duration of the flight. Information regarding the same will be provided to you at the hospital.