**Your Lymphedema Treatment**

**To Do Before the First Day of Treatment**

As soon as possible, order the compression bandages recommended by your therapist. **You will need these bandages for the first day of treatment.** Refer to the ordering instructions/form provided by your therapist. Please bring all of the ordered supplies with you to your first treatment.

**What to Wear**

For arm treatment: A Loose-fitting shirt, preferably short sleeve

For leg treatment: Loose fitting pants/shorts/skirt plus a large shoe that can accommodate the bulk of the bandage, or a cast shoe, as recommended by your therapist

**First Treatment**

The therapist will treat you with manual lymph drainage (MLD) massage, cut foam sheets to fit your arm or leg, and then wrap your limb with layers of the foam and compression wraps/bandages. You may also be introduced to exercises to perform with your bandages on.

**Your Assignment**

To ensure the effectiveness of your treatment, your goal is to wear your compression bandages for 22-24 hours between treatments. You can remove your bandages to shower approximately two hours prior to your next appointment. Please **roll your bandages** for re-application and bring all supplies with you to the next appointment.

If the bandages cause any pain, rubbing, throbbing, discoloration, numbness, or tingling, remove them immediately. Note the area(s) of discomfort and report all details to your therapist during your next treatment session.

**Course of Treatment**

* You will receive treatment 5 days/week for two weeks, then 3 days/week for one to two weeks. However, this protocol may differ per therapist recommendation and your specific presentation of swelling. Typically, your treatment sessions will include one or more of the following: MLD, application of bandages, instructions on skin care, and/or instructions on self-care.
* At the end of the second week, if your swelling has been reduced sufficiently, your therapist will measure your affected area for compression *garments*, and, depending on your insurance coverage, either order your garment(s) for you, or give you instructions on how to order the garment(s) yourself.
* Your garment(s) should arrive within 1-2 weeks from the day they are ordered.
* Once your garment(s) have arrived, your therapist will teach you how to put them on, take them off, and care for them.
* After your last treatment, we recommend a follow-up evaluation in 6 months or when directed by your therapist.

It is a privilege to partner with you and provide your lymphedema care.

Please call or email your therapist with questions or concerns at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.