



Let us help you learn to manage your lymphedema

Call to schedule an
appointment with one of
our Lymphedema Therapists
at **(540) 829-4162**



**POWELL
WELLNESS CENTER**

Physical Therapy and Outpatient

1005 Golf Drive • Culpeper, VA 22701
540.829.4162
www.culpeperhospital.com



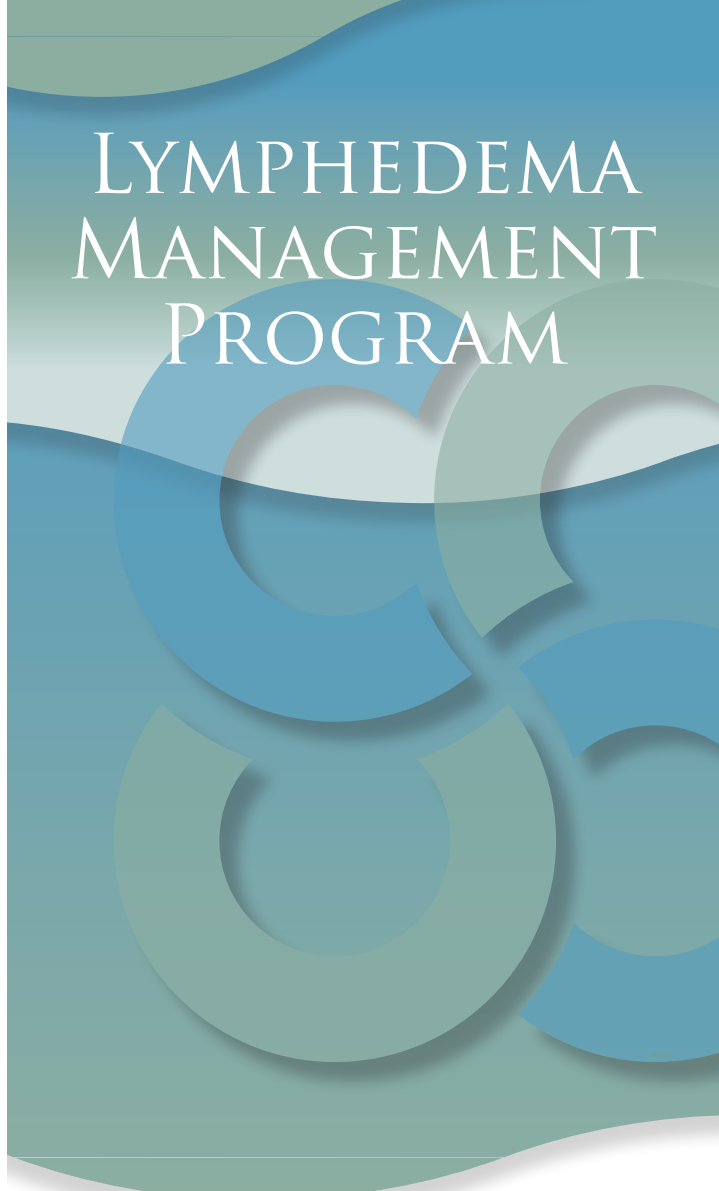
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LYMPHEDEMA MANAGEMENT PROGRAM



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What is Lymphedema?

Lymphedema is a chronic disorder characterized by persistent swelling in the arms, legs, face, neck, and/or trunk. Lymphedema is caused by blocked or impaired flow of fluid in the lymph system.

Most cases of lymphedema are caused by trauma to the lymph system. For example:

- Breast Cancer
- Mastectomy
(Surgical removal of a breast)
- Lymph node removal
- Radiation treatment of lymph nodes
- Cancers affecting the lymph system
- Traumatic injury to a limb
- Chronic venous insufficiency
- In some cases lymphedema can be inherited

Benefits of Lymphedema Treatment

- Reduction in swelling of affected areas
- Pain reduction
- Improved function of the affected limb
- Reduction of infection risk associated with chronic swelling
- Enhancement of self-esteem and body image

How is Lymphedema Treated?

- Manual lymph drainage—a massage technique to improve lymphatic flow
- Compression device/pump
- Bandaging—multiple layers of bandaging to reduce swelling
- Exercise
- Education and Maintenance

Lymphedema Precautions

If you have had trauma to the lymph system:

- Maintain excellent hygiene
- Do not allow an injection, IV or blood draws to that limb
- No blood pressures on affected limb
- Use an electric razor
- Avoid (for that limb):
 - cuts and scrapes
 - extreme temperatures
 - tight elastic bands

For additional information on lymphedema call (540) 829-4162