

How to Manage Lymphedema Swelling

Description



The thing about lymphedema is that you must learn how to manage the swelling that comes with it. It's not easy, but there are various ways for you to manage your lymphedema so that you can avoid complications and reduce fluid buildup. Here are some ways you can effectively manage lymphedema swelling:

A lymphedema pump

Whether you have [upper extremity lymphedema](#) or lower extremity lymphedema, there is something that can help you with any type of swelling you may have: a lymphedema pump.

While those with lymphedema have to learn how to treat their issues with a massage at home or with a physical therapist, there are devices designed to do it for them. The process is more relaxing and effective for those already dealing with pain and discomfort. It helps stimulate lymphatic function while decreasing swelling, significantly improving a patient's quality of life.

Compression garments help

Compression garments are common among those dealing with lymphedema as they can greatly reduce swelling and discomfort. Patients with lymphedema are encouraged to wear them throughout the day while taking them off to sleep at night.

It may take some time to get used to wearing them. For those who are fashion-forward, the good news is that there are designs made to be easily hidden, depending on your affected area. For those who have to show their affected area, for example, your arms, youâ€™ll find that there are some garments that have been designed with fashion and trends in mind. Beyond the stylish factor of these garments, you want to be sure youâ€™re wearing the right compression level for your needs.

Donâ€™t forget your exercise

Getting daily exercise can help manage the swelling as well. It can be focused exercises for the affected area, as well as daily movement like going for a walk with your pup or going to a gym with an indoor pool to get some laps in.

Movement helps blood flow, but more importantly, the flow of fluids to avoid them collecting in the affected area. Join a gym, buy weights and exercise equipment for your home, or simply practice yoga with [online fitness classes](#) in the comfort of your home.



Eat well and manage your stress

From the foods you eat to the way you live your life, itâ€™s important to decrease stress along with inflammatory foods if you want to manage lymphedema swelling effectively. Foods you should be eating include ginger, garlic, turmeric, berries, fish, greens, and more.

A diet rich in antioxidants could be especially beneficial. When you donâ€™t have time to cook, consider ordering a [food subscription](#) designed for healthy eating. Practice things in your life that help you decrease stress, whether that looks like meditation or spending more time with friends. Not only will it relieve your swelling, but your [overall health](#).

CDT

This is basically a therapy designed with everything you should be doing to care for your swelling. This includes a [skincare routine](#), daily exercise, and manual lymphatic drainage. You may only need to focus on this type of therapy to avoid swelling by doing it for two weeks, or in more severe cases, it could take months to help you decrease swelling.

Skincare is helpful because it helps prevent infection caused by dry, chapped skin or cuts.

In Conclusion

Managing your swelling and pain is essential. If left uncared for, your swelling could result in more severe issues. You want to avoid surgery if at all possible, so try practicing these different methods for managing your swelling and discomfort. From [healthy food](#) to exercise, there are ways to keep swelling down and ensure you live a relatively comfortable life. Speak to your healthcare provider about the best treatment for you.

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