

# 4 Key Things You Can Do To Help Your Lymphoedema

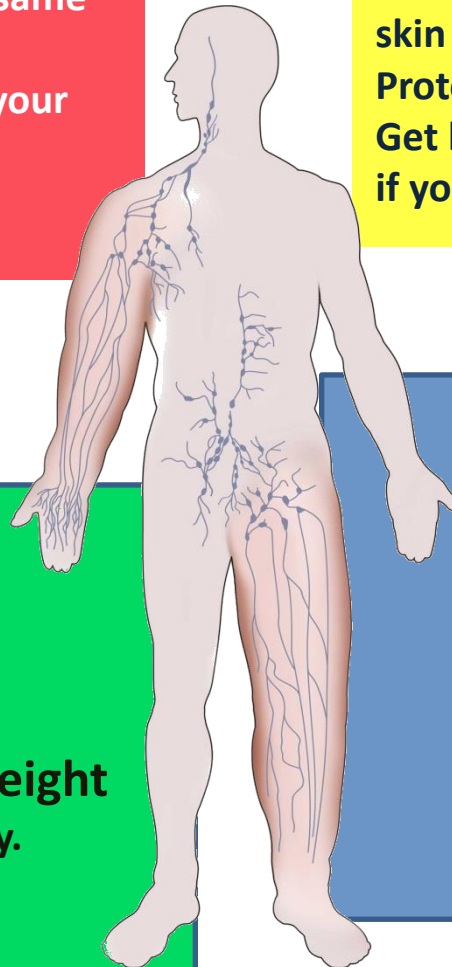


## 1. Wear your stocking every day

Apply first thing in the morning and remove at bedtime.  
Check any new stocking looks the same as your old one.  
If you have any problems contact your lymphoedema therapist.

## 2. Take good care of your skin

Wash and moisturise your skin every day.  
Protect your skin.  
Get help from your doctor if you have any infection.



## 3. Be active!

Don't sit or stand in one position.  
Don't let your leg or arm hang down.  
Move your feet, get up walk around.  
Go up and down one step a few times.



## 4. Think about your weight

Lose weight if you are heavy.  
Eat good healthy food.  
Exercise.

