



## Lymphedema (Swelling of the Arm)

If you have had surgery to remove the lymph nodes under your arm as a part of treatment, you are at risk for lymphedema. Radiation therapy to the axilla (underarm area) may also increase the risk of lymphedema. Lymphedema can cause painful swelling of the arm or hand on the side of surgery. It can develop weeks, months or even years after treatment. Although it can be managed, it cannot be cured. However, there are things you can do that may reduce your risk of getting lymphedema.

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Q: What are my chances of getting lymphedema?

A:

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Q: Can lymphedema be found early? How?

A:

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Q: What are the signs of lymphedema? Which ones should I report to you?

A:

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Q: Are there things I should avoid with the arm that has had lymph nodes removed (i.e., blood pressure, blood draws, shots)?

A:

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Q: Are there exercises or activities I can do to try to prevent lymphedema? Are there any I should avoid?

A:

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Q: Is there anything else I can I do to avoid lymphedema?

A:

**Q:** If I get a cut, burn or insect bite on the affected arm, what should I do?

**A:**

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**Q:** If I do get lymphedema, can it be cured?

**A:**

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**Q:** How is lymphedema treated?

**A:**

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**Q:** What is a compression sleeve? Should I wear one? Do I have to wear it at all times, even at night? What about on an airplane?

**A:**

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**Q:** Where can I get a compression sleeve? Should I have one made to fit me?

**A:**

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**Q:** What is manual lymph drainage (MLD)? When is wrapping used to treat lymphedema? Please explain how these treatments work. Does insurance pay for these treatments?

**A:**



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