

Lymphoedema Service

Head and Neck Self-Lymphatic Drainage

This leaflet provides information to help you understand how to carry out simple lymphatic drainage on your head and neck.

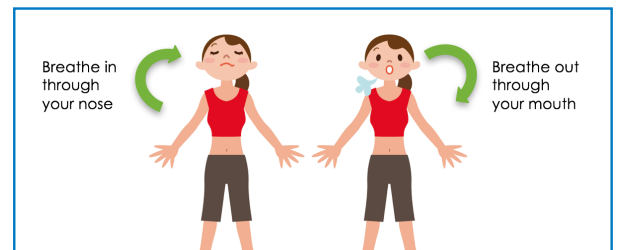
If you would like additional information or have any questions, please contact the Lymphoedema Service on 01484 343817.

Simple Lymphatic drainage

Simple Lymphatic drainage is a massage technique that helps move congested fluid to areas of working lymph nodes. Always work upwards, towards the area of working lymph nodes. Apply a small amount of pressure and ensure skin to skin contact. Stretch the skin slightly as you massage but this should not cause pain or redness. This will ensure effective drainage. Do not use oils or cream.

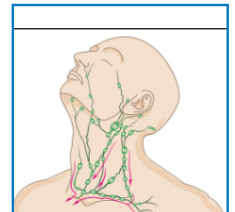
Step 1

Start with deep breathing (x 5). Slowly extend your arms out, breath in through your nose and hold for 2 seconds. Slowly release your arms across the chest and breath out through your nose.



Step 2

Empty the lymph nodes (x 4) at the neck, ears and collar bone as pictured. Apply little pressure and stretch the skin downwards.



Step 3

Sweep down any fluid under the chin towards the neck nodes x 2.

Step 4

Repeat step 2 as above.

Step 5

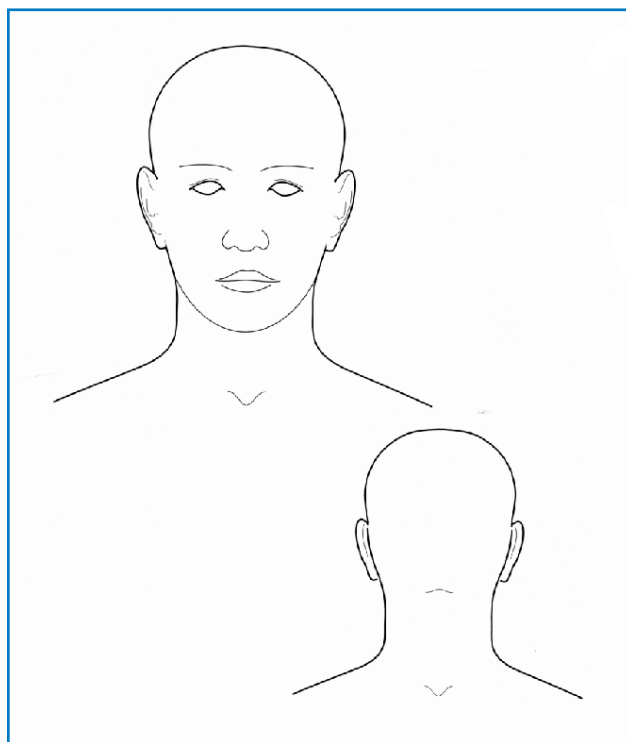
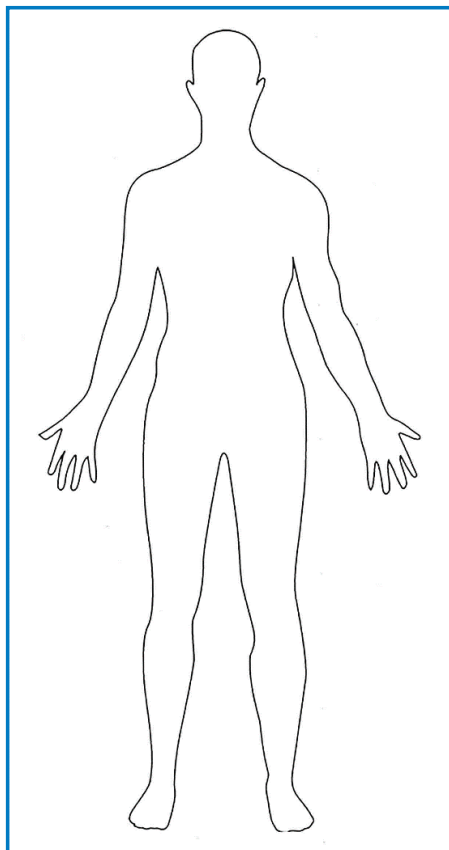
Work on the areas of oedema (fluid) using either palms or the backs of the hand. Encourage the oedema towards the nodes at the ears / neck depending on the location of the oedema. Repeat steps 2, 3 & 5

Spend at least 30mins repeating the steps outlined above and do this at least twice a day

Step 6

Finish with deep breathing in step 1

Body Map – For nurse or patient use



TOP TIPS

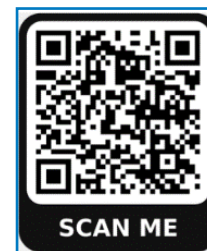
- Avoid sleeping on the affected side and adjust sleeping position to see if this affects the swelling (i.e. using 2 pillows to prop your head up slightly)
- Exercise regularly to engage and encourage muscle contraction.
- Facial massagers such as Lymph Ball's, jade rollers, dry brushes can be purchased to assist with your massage.
- Avoid extreme temperature changes and protect the area from the cold in the winter and heat in the summer.
- Be careful when wet shaving not to cut yourself and introduce infection.
- Stop if skin becomes red, hot and more swollen. Infection may be present and you should seek to see your GP ASAP

Useful information and websites

Calderdale and Huddersfield NHS Trust Lymphoedema webpage

<https://www.cht.nhs.uk/services/clinical-services/lymphoedema>

Scan the QR code to access the CHFT Lymphoedema webpage



Lymphoedema Support Network (LSN)

St Luke's Crypt, Sydney Street, London, SW3 6NH.

Telephone: 020 7351 4480 (for information and support)

Telephone: 020 7351 0990 (administration)

e-mail: adminlsn@lyphoedema.freemove.co.uk

Website: www.lymphoedema.org

British Lymphoedema Society (BLS)

The Garth House, Rushey Lock, Tadpole Bridge, Buckland Marsh,
Nr Farringdon, Oxfordshire, SN7 8RF

Telephone: 01452 790178

e-mail: info@thebls.com

Website: www.thebls.com

Macmillan Cancer Support Telephone

0808 808 00 00 (Monday to Friday 9.00am – 8.00pm)

Or visit their website: www.macmillan.org.uk

If you have any comments about this leaflet or the service you have received you can contact :

The Lymphoedema Service

Telephone: 01484 343817

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"