

## Lymphoedema Service

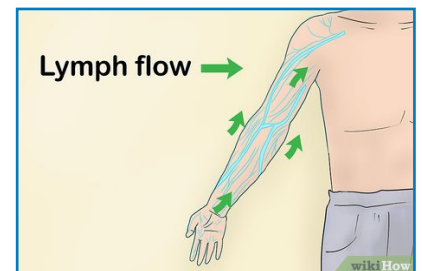
# Arms Self-Lymphatic Drainage

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

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

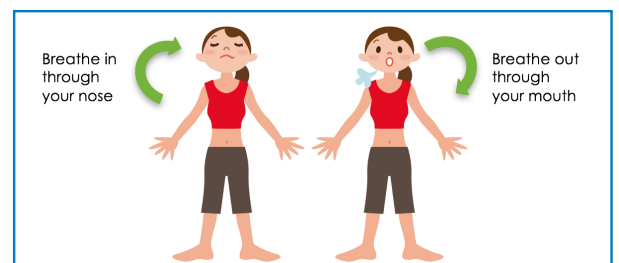
### Simple Lymphatic drainage

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.



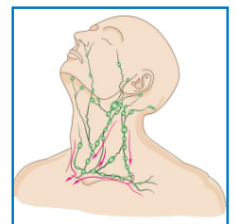
#### Step 1

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

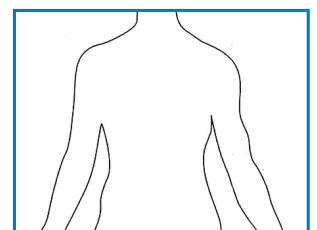
Empty the lymph nodes (x 4) at the neck, collar bone and armpits (both sides). Apply little pressure and stretch the skin downwards or use a soft ball (squeezing x 4).



#### Step 3

From the top of the arm, clear on the affected side over the shoulder and across the chest to the unaffected side x2.

Repeat step 2



### Step 4

Clear with a flush if no oedema x 2 (like step 3)

Otherwise divide the arm into approx. 3 quadrants (as pictured). Starting at the top of the arm, work on the areas of oedema (fluid) using the palms of the hands, taking each quadrant in turn & softening, repeating step 2 & 3 before moving onto the next section.

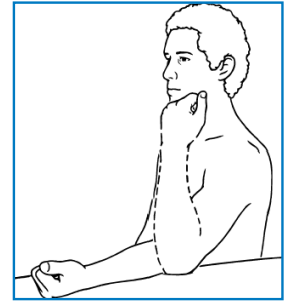
### Step 5

Upon reaching the elbow, empty the lymph nodes x 4 as pictured.

### Step 6

Repeat step 4 flushing all the way back up the starting point.

Repeat step 3 and then 2.



### Step 7

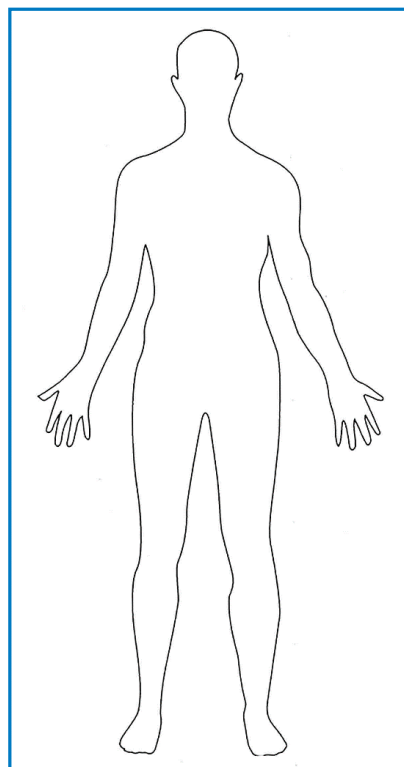
Finish with deep breathing in step 1

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

## TOP TIPS

- Avoid sleeping on the affected side and monitor if altering sleep pattern affects how the area drains.
- Exercise regularly to engage and encourage muscle contraction. 'Pectoral' exercises (e.g. pushing hands together) can help reduce swelling (10 repetitions at least twice daily)
- Massagers such as Lymph Ball's, jade rollers, dry brushes can be purchased to assist with your massage.
- Stop if the skin becomes red, hot and more swollen. Infection may be present and you should seek to see your GP ASAP.

## Body Map - For nurse or patient use



## 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](mailto:adminlsn@lyphoedema.freemove.co.uk)

Website: [www.lymphoedema.org](http://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](mailto:info@thebls.com)

Website: [www.thebls.com](http://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](http://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](http://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

ਚ 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 کی 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"