

Skin Care and Lymphedema

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Objectives

- Increase understanding of the importance of “meticulous” skin care
- Improve knowledge of tips and strategies for skin care with lymphedema



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Complete Decongestive Therapy

- Skin Care
- Manual Lymphatic Drainage (MLD)
- Compression
- Exercise
- Healthy Habits



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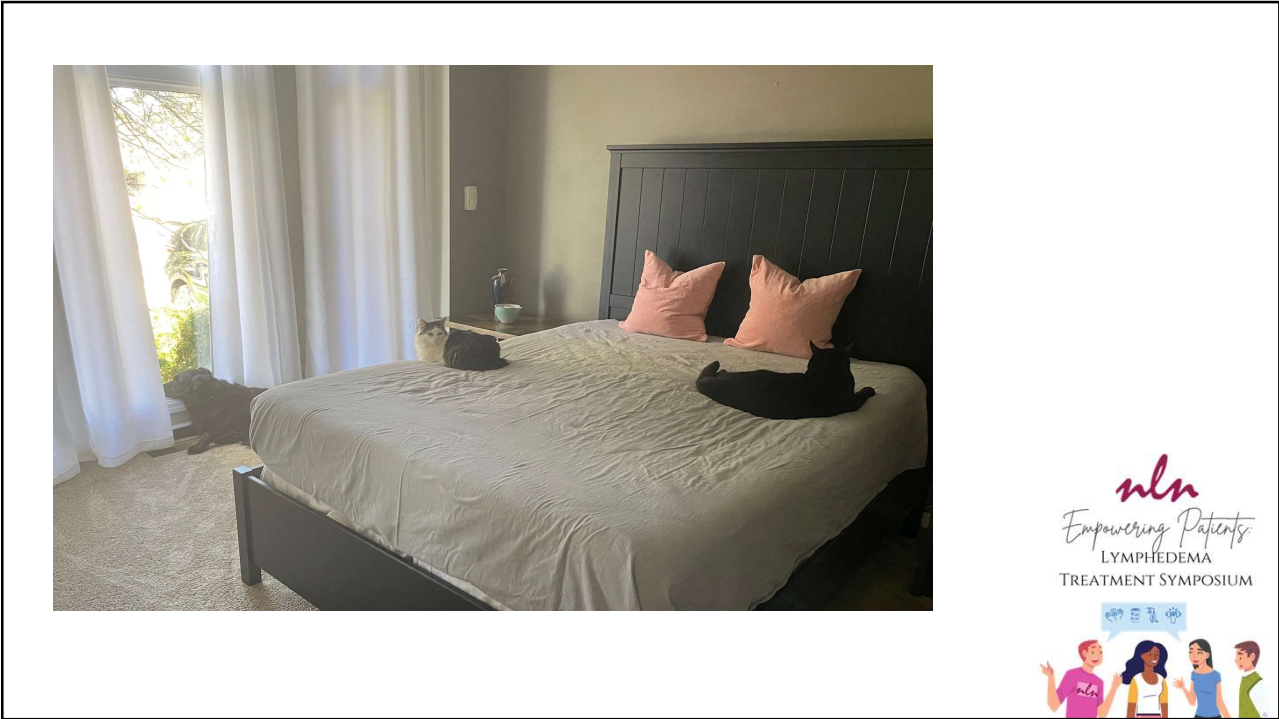
Meticulous

“very careful and with great attention to every detail”

-Cambridge Dictionary



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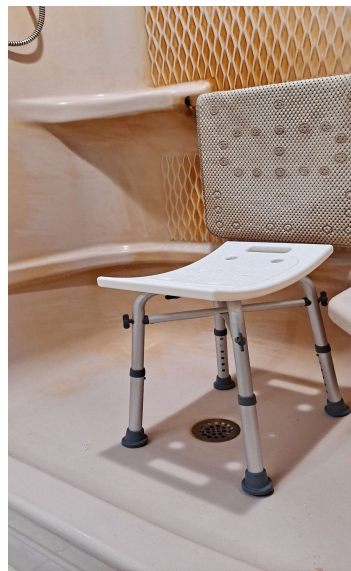
Skin



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Cleansing



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Tools for Cleansing



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Moisturizing with MLD



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Types of Moisturizers

- Oils
- Lotions
- Creams
- Ointments



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Compression



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Protection Outdoors



- Sunscreen
- Protective Clothing
- Protection from Bugs
- Keep Alert
- Give Yourself Time



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Protection Indoors



Set Up Your Space for Success!



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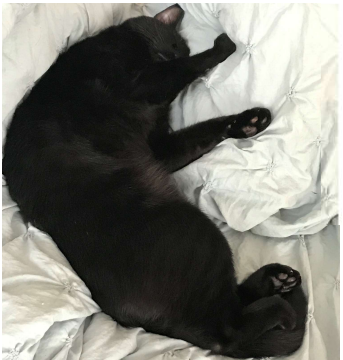
Exercise



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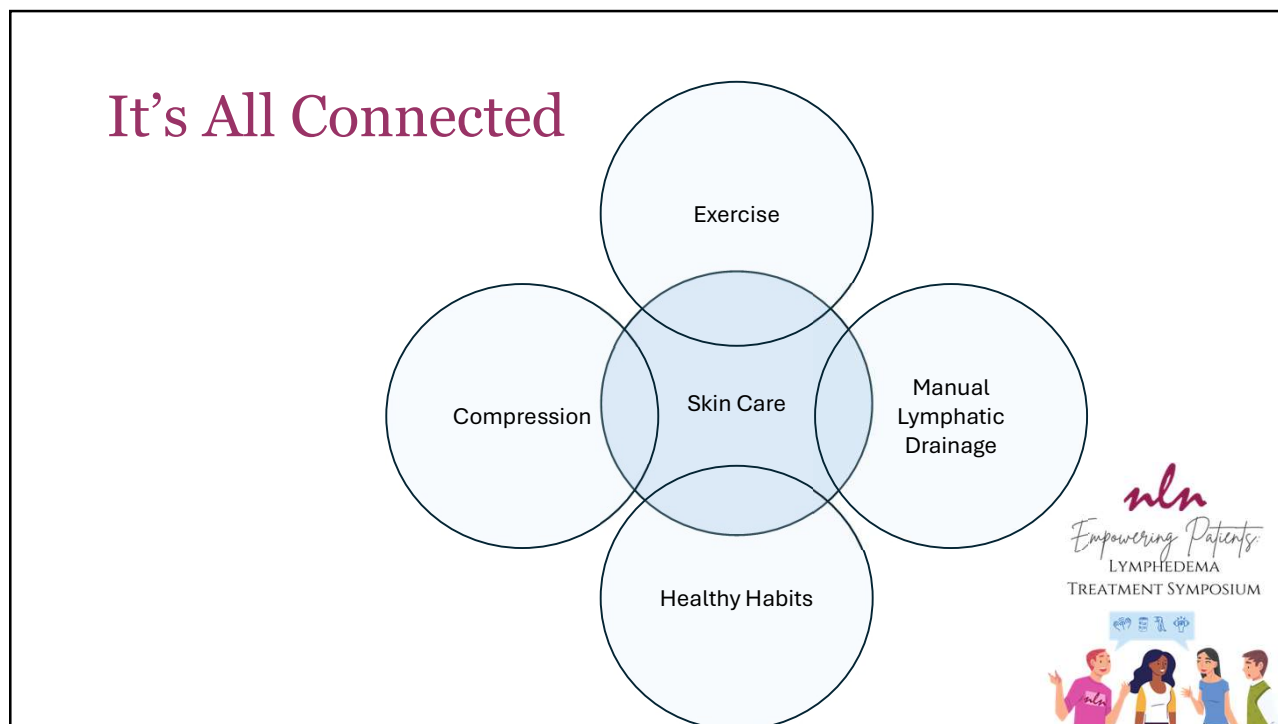
Healthy Habits



Hydration Sleep Nutrition

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References

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 TREATMENT SYMPOSIUM

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Questions?



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