

## **Signs & Symptoms of Impending Lymphedema Infections**

1. Malaise (feeling lethargic)
2. Rash on affected area – itchy sensation
3. Redness &/or Red Streaks on Affected Parts
4. Increase in Body Temperature
5. Sudden increase in girth of Affected Parts
6. Affected Parts Become Swollen, Hard and “Hot” to Touch
7. Onset of Pain &/or Severe Discomfort
8. Pain and/or discomfort when wearing compression garment
9. If any of these occur, consult your Primary Care Physician immediately for antibiotic therapy.
  - DO NOT apply compression – it will cause pain
  - 48 – 72 hours after onset of antibiotic therapy, CDT – Combined Decongestive Therapy must begin to decongest and reduce affected area. Apply graduated compression garment after 48 hours’ ingestion of antibiotic. If pain persists with compression, wait another 12 hours and re-apply compression.
  - During Acute Phase of Infection –
    - Skin Care – wash affected area several times/day.
      - dry thoroughly and apply water-based antibacterial lotion (Lymphoderm)Rest & drink plenty of fluids unless otherwise prescribed by MD.  
Amount of water intake = ½ body weight in ounces of water

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