

Daily Care When Using Gradient Sequential Pneumatic Pump

AM

Apply stockinet – loosely woven tubular gauze

Apply pneumatic sleeve over directional flow garment (DFG)

Pump for 1 hour or treatment time designated by Lymphedema Specialist

After pumping session:

- remove pneumatic appliance
- remove directional flow garment (DFG)
- wash affected area/areas
- apply lotions and Alps Lotion

Apply gradient compression garment – (daytime garment)

- wear daily during awake hours

PM

Remove gradient compression garment (daytime garment)

Apply stockinet

Apply pneumatic sleeve over DFG

Pump 1 hour as in AM

After Pumping Session:

- remove all except DFG
- attempt to sleep in DFG all night if tolerated
 - May apply gradient bandaging over DFG
 - or
 - DFG outside jacket