

INSTRUCTIONS FOR DAILY CARE – *Intensive*

Bandages on 23 hours/day

Bathe as usual.

Apply Lymphoderm Lotion, A&D Ointment as directed.

Apply clean stockinette – toes to groin

Bandage toes or fingers if there is residual swelling.

Apply DFG

Apply gradient bandaging as instructed

Leave on 23 hours

If there is discomfort, walk or do exercise as directed

If discomfort persists, remove one bandage at a time

If there is no relief, remove all bandages and leave on DFG

After 23 hours

Before removing DFG, do lymphedema exercises as instructed.

Perform manual lymph drainage as detailed on therapy protocol chart.

Remove DFG and all wraps

Repeat above steps – bathe, etc

DFG should be laundered once/week.