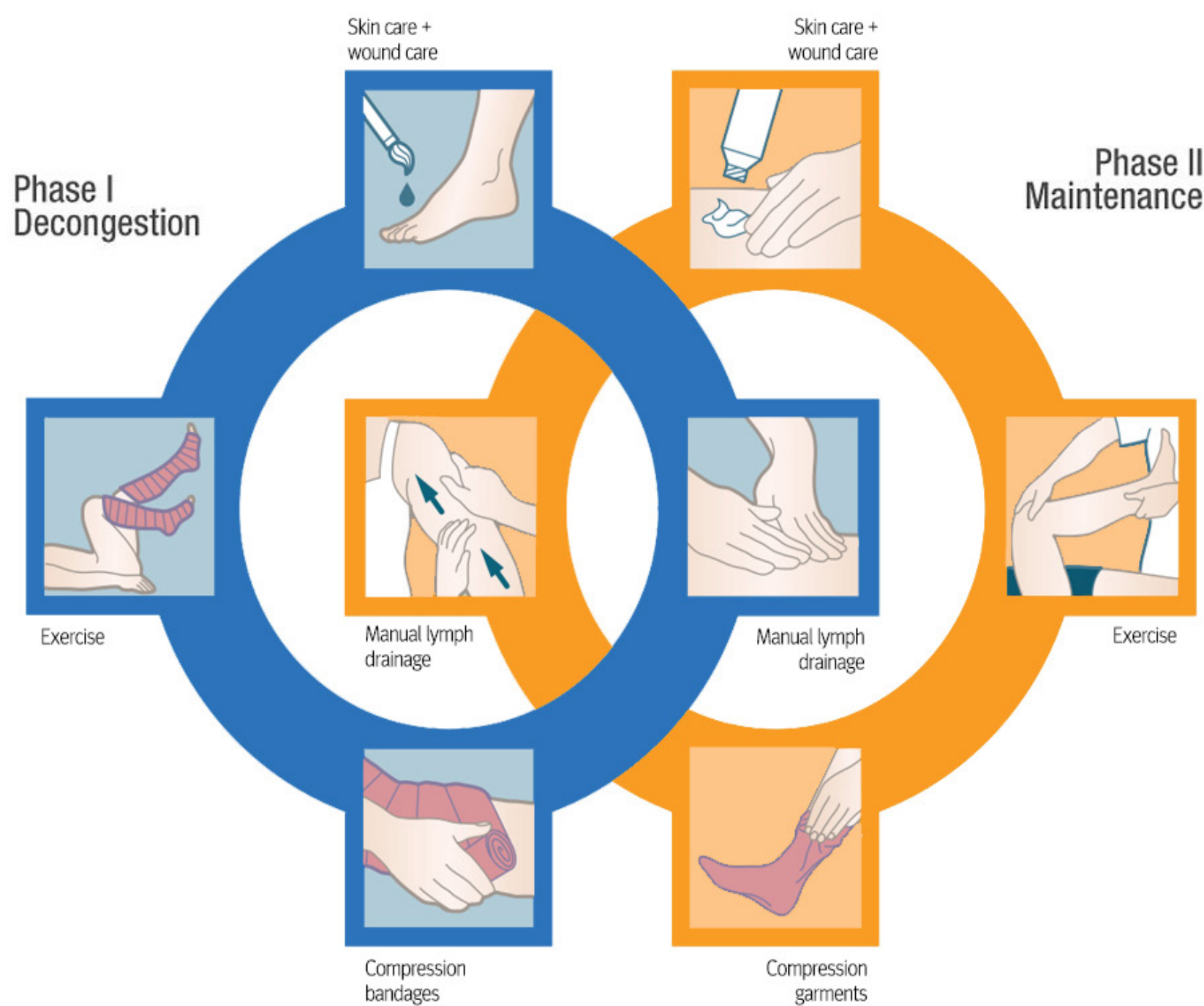


# TIPS FOR MANAGING & TREATING FOR LYMPHEDEMA

## COMPLETE DECONGESTIVE THERAPY (CDT)

Complete Decongestive Therapy is the gold standard for lymphedema management. There are four components of CDT, and all are essential for the best possible outcomes. Lifelong management of lymphedema with CDT can give you independence, empowerment, and an improved quality of life.



### PHASE I - DECONGESTION

The goal of Phase 1 is to decrease the swelling in the limb to normal size, or as close to normal as possible, while maintaining healthy skin.

- Manual Lymph Drainage (MLD)
- Compression Therapy
  - Multi-Layer Bandaging
  - 2-Layer Bandaging
  - Short Stretch Compression Wraps
  - Chipped Foam-based Products
- Exercise
- Skin Care

### PHASE II - MAINTENANCE

Once the swelling has decreased from your limb, it is essential to continue your care at home to maintain this reduced size. The goal of Phase II is to preserve the results of all the work in Phase I.

- Manual Lymph Drainage (MLD)
- Compression Therapy
  - Compression Garments
  - Wrap / Velcro Products
  - Chipped Foam-based Products
- Exercise
- Skin Care

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