

Practical Tools for Lymphatic Care

Use these checklists to prepare for appointments and discuss your care. Choose the sections relevant to you and bring your notes to your healthcare provider.

Your first appointment

What to bring

- ☐ Your main concern and when it began.
- ☐ Relevant diagnoses, surgery dates, and medical instructions.
- ☐ A list of medications, supplements, and allergies.
- ☐ Details of previous surgeries, including any lymph node removal and the areas affected.
- ☐ Any compression garments you currently use.
- ☐ Questions about comfort, movement, work, or daily activities.

Questions to ask

- What are we aiming to improve?
- How often should we meet initially?
- What will I need to do between appointments?
- How will we assess progress?

Before booking, confirm appointment fees and any documentation your benefit plan requires.

Questions for your surgical team

If you are considering lymphatic care after surgery, ask:

- When can I begin, and are there areas or techniques to avoid?
- What instructions should I share with my lymphatic therapist?
- What swelling and discomfort are expected during recovery?
- What instructions apply to compression garments, incisions, dressings, and drains?
- When can I resume work, exercise, and other activities?

- Which changes should I report, and who should I contact after hours?
- What follow-up and help at home will I need?

If you are travelling for surgery, arrange follow-up care before returning home and obtain written recovery instructions.

Follow your surgical team's instructions throughout recovery. Contact them promptly for increasing pain, redness, warmth, pus, fever, an opening incision, or bright red blood soaking a dressing.

[MyHealth Alberta's incision-care guidance](#)

Questions for a compression fitting

- Which garment, wrap, or bandaging option suits my needs?
- What pressure level do I need?
- Would a ready-made or custom garment be more suitable?
- Can you show me how to put it on and remove it?
- Would an application aid make this easier?
- When should I wear it, including during sleep, exercise, or travel?
- What should I do if it causes pain, numbness, skin changes, or keeps slipping?
- How do I wash it, and when should the fit or garment be reviewed?
- What are the costs for fitting, adjustments, and replacement?

Compression should be selected and fitted for your needs. [Canadian Lymphedema Framework](#)

When not to wait

Seek urgent medical care for new swelling in one arm or leg with pain, redness, or tenderness. Call **911** for sudden shortness of breath, chest pain, coughing up blood, or fainting. Do not wait to complete a checklist. [MyHealth Alberta](#)

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