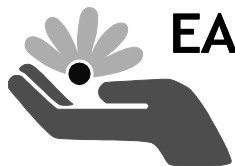


Lymphedema Care and Staging Guide

Treatment Recommendations	At Risk Lymph node removal +/- radiation	Stage 0-1 Mild Symptoms may come and go, may or may not be visible swelling	Stage 2 Moderate Swelling always present and may be pitting	Stage 3 Severe Large hard swelling and skin changes present
Education From Certified Combined Decongestive Therapist (CDT)	Y	Y	Y	Y
Risk Reduction Strategies	Y	Y	Y	Y
Self Manual Lymph Drainage	Optional	Y	Y	Y
Man. Lymph Dr With CDT certified Practitioner	Optional	As needed	More frequently to reduce possible maintenance appointments	More frequently to reduce size and aid maintenance
Bandaging	X	X	Used to decrease size Initially (usually 4-6 weeks)	Used to decrease size during day or night
Compression Garment	Used for air flights or exercise	Worn as needed for high fluid demand activities and environments	Worn during the day and night if indicated	Worn during the day and night



**EAST GWILLIMBURY
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