

Patient information

Simple lymphatic drainage: breast

Step one

- Sitting or standing, place your hands over your tummy and breathe in slowly and deeply.
- As you breathe out, through pursed lips, let your hands sink deeply into your abdomen. Repeat 5 times

Step two

- Massage the axilla (armpit) to stimulate and drain the lymph nodes.
- Use the flat part of your other hand to massage the lymph nodes in the affected armpit or use a small soft ball. Massage using circular movements. Repeat 5 times slowly on both sides, unless painful.
- Seek your clinician's advice if you have had any lymph nodes removed

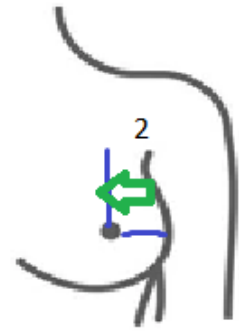
Step three

- Start massaging at point 1
- Using the flat part of the hand, slowly stroke the skin adding slight pressure. Massage the affected breast starting at the midline heading towards centre of the chest
- Repeat 10 - 20 times



Step four

- Start massaging at point 2
- Using same technique in step three, massage from the outside of the breast to the center of the chest
- Repeat 10 - 20 times



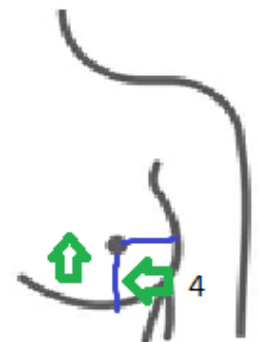
Step five

- Start massaging at point 3
- Using same technique in step three, massage from the bottom upwards to the center of the chest
- Repeat 10 - 20 times



Step six

- Start massaging at point 4
- Using same technique in step three, massage from the outside of the breast to the center of the chest
- Repeat 10 - 20 times



Step six

- Please repeat steps two and one in this order to finish the routine.



Caution

- **If any pain or discomfort at any step of the massage please seek advice from your clinician**
- **If you have an active cancer diagnosis please seek clinican advice before completing the massage**

Simple lymphatic drainage for arms

Simple lymphatic drainage is a form of massage to help move the fluid away from congested areas towards healthy lymph nodes where it can be drained away more effectively.

Although the massage is firm you must not cause pain or redness to the skin.

It must be performed on bare skin, do not use moisturising creams or oils.

Do not perform the massage if you feel unwell or have an infection, please contact your lymphoedema clinician if unsure.

If unsure on how to perform simple lymphatic drainage technique please speak to your lymphoedema clinician.

For further information

Please contact the Lymphoedema Service: 01284712732
or email: wsymphservice@wsh.nhs.uk

Useful information and websites

Lymphoedema Support Network (LSN)

St Luke's Crypt, Sydney Street, London, SW3 6NH
Telephone: 020 7351 4480 for information and support
Telephone: 020 7351 0990 for administration
e-mail: adminlsn@lyphoedema.freeserve.co.uk
Website: www.lymphoedema.org

British Lymphoedema Society (BLS)

The Garth House, Rushey Lock, Tadpole Bridge, Buckland Marsh, Nr Farringdon
Oxfordshire SN7 8RF
Telephone: 01452 790178
e-mail: info@thebls.com
or visit BLS website

Macmillan Cancer Support

Telephone 0808 808 00 00 (Monday to Friday 9.00am – 8.00pm) or visit their website
www.macmillan.org.uk