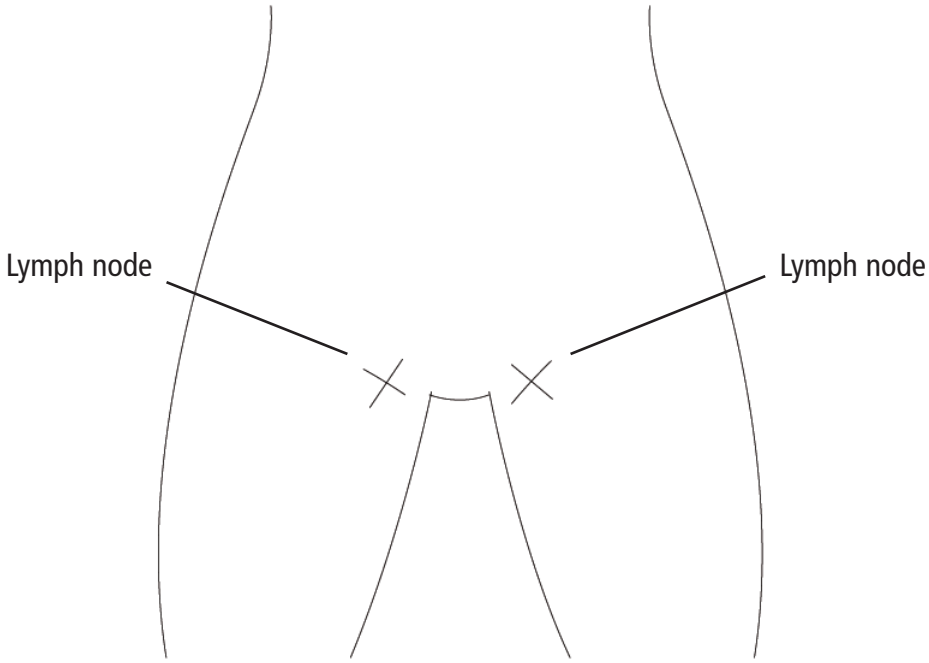
Self-administered treatment for genital swelling



Method

1. Take 4 deep breaths – place hands on centre of chest and take arms out to the sides on the in-breath and back in on the out-breath.
2. Pinch test to the skin.
3. Empty lymph nodes in your groin using a lymph capsule. Hold the capsule in the crease of your groin and slowly bring your knee up and across your abdomen. Do this on both sides (repeat 4 times).
4. Starting on your pubic bone using flush stroke, gently move your hand up across your tummy and away from the swelling (repeat 4 times).
5. Using your fingers directly on the swelling, gently move the fluid up towards your pubic bone and across your tummy as directed by your therapist. Repeat this as many times as necessary to reduce the swelling.
6. Empty the lymph nodes as described above.
7. Pinch test the skin to see if any more massage is needed.

Try to massage at least 4 times daily to start (6 would be better). This can then be reduced as your leg improves. Wearing your compression garmet and padding as directed is equally important.

Contact us

If you have any questions please contact:

Lymphoedema Clinic

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For further information and support please visit our website:

www.royalcornwall.nhs.uk/services/therapies/occupational-therapy/lymphoedema/

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