

Recognising infection in patients with Lymphoedema

It's important to know the signs of an infection. Getting an infection treated as soon as possible puts less stress on the lymphatic system and can prevent lymphoedema from getting worse.

If you develop an infection in the skin (cellulitis), the area may become:

- red and hot
- painful
- more swollen

You may also:

- have red streaks going up or down from the infected area
- have a high temperature (fever)
- feel generally unwell (like you're coming down with the flu)
- Lose your appetite

If you have any of these signs, contact your GP or out of hours GP service straight away. They will usually prescribe a course of antibiotics, which you should start immediately.

Don't wear any compression garments, take plenty of rest and drink plenty of water.