



### Traveling advice

#### 10 Tips before embarking on your journey

1. Take precautions in the care of infection in the lymphoedema affected limb. This may involve:
  - Asking your GP for a course of antibiotics in case you get an infection whilst on holiday.
  - Taking antiseptic cream to treat any injury or bite.
  - Taking some anti-fungal powder or tea tree oil to treat athlete's foot.
  - Taking insect repellent.
2. Take top quality sun cream SPF 20-30 – Remember you can get sunburnt through the compression garment.
3. If vaccinations are required, avoid having in the lymphoedema limb.
4. Avoid removing luggage from the carousel.
5. Wear loose light un-restrictive clothing.
6. Ensure your compression garment is in good condition.
7. Carry your medications with you or at least enough to last a few days.
8. Pack lightly to avoid heavy lifting.
9. Ensure you are wearing the garment before the flight and leave it in place for one to three hours after getting off the plane.
10. Try and move about / do the limb exercises during the flight or if a long car journey have frequent rest breaks.

#### During your holiday

Many of the above points still apply:

1. Avoid sunburn
2. Avoid insect bites (especially spider bites)
3. Don't overdo sports that you are not used to. Be wary of the more strenuous excursions that may cause trauma (or bumps and stress) to limbs.
4. Beware of fungal infection (athletes foot).



# St Luke's

## Lymphoedema



5. Wear buckle-up plastic sandals if you have lymphoedema of leg/s, if on the beach or paddling. If on a coral beach or snorkelling near coral, be extra careful. Coral infection can cause lymphoedema in people with normal limbs.
6. Use a good skin moisturiser.
7. If it is hot, realise that you can cool your limb with your compression garment on just by wetting it! Put your limb under a tap or shower. Evaporation will then cause cooling.
8. Be careful shaving, pushing back cuticles etc.- the general "do's and don'ts".
9. Avoid wearing perfume in the evenings.
10. Drink plenty of water.

**Have a fantastic holiday!**

