



Questions to Ask Your Doctor About Lymphedema

1. What are my chances of getting lymphedema?
2. Can lymphedema be found early? How?
3. What are the signs of lymphedema? Which ones should I report to you?
4. Are there things I should avoid with arm that has lymph nodes removed (i.e., blood pressure, blood draws, shots)?
5. Are there exercises or activities I can do to try to prevent lymphedema? Are there any I should avoid?
6. Is there anything else I can do to avoid lymphedema?
7. If I get a cut, burn or insect bite on the affected arm, what should I do?
8. If I do get lymphedema, can it be cured?
9. How is lymphedema treated?
10. What is a compression sleeve? Should I wear one? Do I have to wear it at all times, even at night? What about an airplane?
11. Where can I get a compression sleeve? Should I have one made to fit me?
12. What is manual lymph drainage (MLD)? When is wrapping used to treat lymphedema? Please explain how these treatments work? Does insurance pay for these treatments?