

LYMPHOEDEMA

DO'S & DON'TS



Introduction

Caring for children with lymphoedema can be challenging for parents and caregivers. Lymphoedema causes oedema due to the build-up of lymph fluid and requires careful attention to prevent complications and ensure a good quality of life for affected children. We have created easy-to-understand infographics that highlight the key do's and don'ts for caring for children with lymphoedema.

These infographics are designed for parents, caregivers, and healthcare professionals, offering clear and practical advice on essential aspects of lymphoedema care, such as proper skin care to prevent infections and maintain healthy skin in children with lymphoedema. They also emphasise the importance of using compression garments and bandages, which help control swelling and promote lymph circulation.

These infographics serve as a quick reference guide, providing you with valuable information at a glance. Following these recommended practices can make a significant difference in your child's health and quality of life. We hope these infographics will be a valuable resource, supporting you every step of the way.

These infographics were adapted from our [Do's and Don'ts on Skin Care](#) and [Do's and Don'ts on Compression for Children](#), and inspired the creation of a colouring book.



make it a team effort



make it a routine



explain the need for compression



make bandaging fun



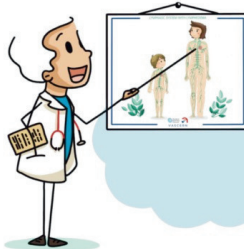
take care of wounds



don't limit yourself



come as you are



explain lymphoedema



don't expose your body too long to high temperatures



make your skin-check a routine



ask for help if needed, don't be alone

Editorial Board/Contributors

This document was validated by the Pediatric and Primary Lymphedema (PPL) Working Group.

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**HCP member before Brexit, January 1st, 2021*



VASCERN

Gathering the best expertise in Europe to provide accessible cross-border healthcare to patients with rare vascular diseases



VASCERN, the European Reference Network on Rare Multisystemic Vascular Diseases, is dedicated to gathering the best expertise in Europe in order to provide accessible cross-border healthcare to patients with rare vascular diseases (an estimated 1.3 million concerned). These include arterial diseases (affecting aorta to small arteries), arterio-venous anomalies, vascular malformations, and lymphatic diseases.

VASCERN currently gathers 48 expert teams from 39 highly specialized multidisciplinary HCPs, plus 6 additional Affiliated Partner centers, coming from 19 EU Member States, as well as various European Patient Organisations, and is coordinated in Paris, France.

Through our 6 Rare Disease Working Groups (RDWGs) as well as several thematic WGs and the ePAG - European Patient Advocacy Group, we aim to improve care, promote best practices and guidelines, reinforce research, empower patients, provide training for healthcare professionals and realise the full potential of European cooperation for specialised healthcare by exploiting the latest innovations in medical science and health technologies.

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European Reference Network on Rare
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