

St Margaret's
Hospice Care

Lymphoedema Service

Simple lymphatic drainage massage (SLD)
for genital lymphoedema



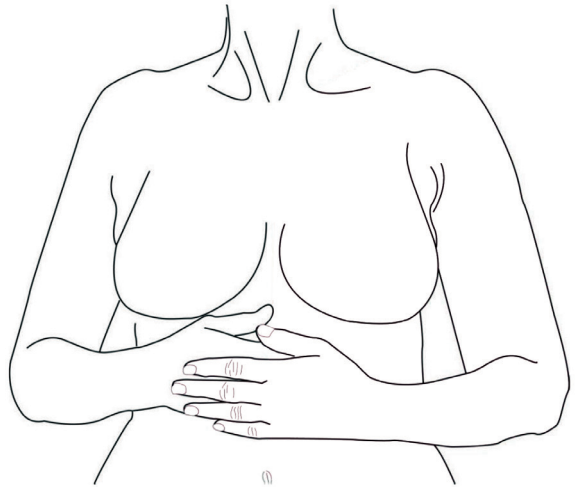
Introduction

Simple lymphatic drainage (SLD) is a special form of massage used to help people with lymphoedema and is based on the principles of manual lymphatic drainage. The aim of SLD is to move lymph fluid to areas of the body where it can drain away more easily.

- The massage should be gentle and light, just enough pressure to move the skin and not cause any redness. Slow and rhythmical with your hand relaxed and done on bare skin, not over clothes, and do not use any oils or creams
- You should spend about 15-20 minutes doing the massage, twice a day
- Make sure you are in a comfortable position, lying or sitting is best and in a quiet place where you won't be disturbed
- If you have leg swelling remember to wear your garment when you are massaging
- It is fine for someone else to help you with the massage if you wish

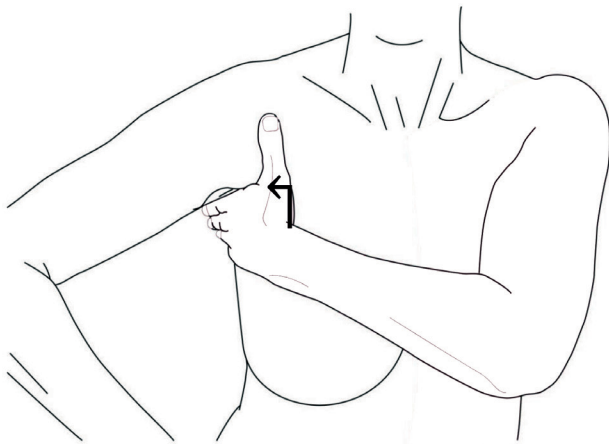
Step 1 - Breathing

- Sit or lie down with your shoulders relaxed and hands resting below your ribs
- Breathe in and feel your abdomen rising (imagine a balloon inflating under your hands)
- Slowly breathe out and press gently inwards with your hands
- Repeat 5 times



Step 2 - Axilla

- Place your hand in the armpit
- Massage upwards into your armpit and release (10 times)
- Ensure the direction is always upwards
- Repeat both sides



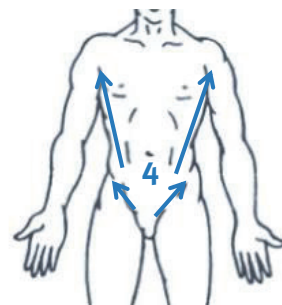
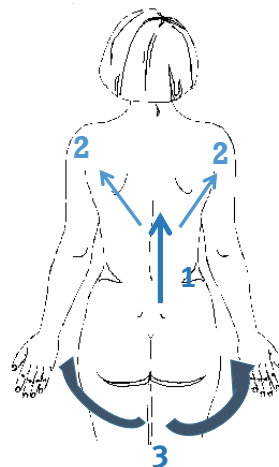
Step 3 - Massage steps

Step 1 - Stroke from the base of the middle of your back up to the bottom of your rib cage

Step 2 - Finish off by spreading your hands and stroke to each armpit

Step 3 - Stroke back of the thigh from the inner thigh to the outer thigh and then up to the armpit

Step 4 - Stroke from the middle of your pelvis (pelvic triangle) outward and then upwards to each armpit



Step 4

- Finish SLD by repeating Step 2 and then Step 1

cont.

Your specialist may provide some compression for you to wear which is recommended after completing this massage.

If you have any concerns please contact the clinic where a member of our team will be there to help you.

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