

St Margaret's
Hospice Care

Simple Lymphatic Drainage for the Breast



Find a time when you are not rushed and can relax. You will need to be undressed and working on bare skin. Do not use cream for this massage.

Take five deep breaths

Hold your arms up with your hands on your chest and then open your arms wide, breathing in as you do so. Let the breath out as you bring your hands in again to the start position. Repeat five times.

Empty the lymph nodes on either side of your neck

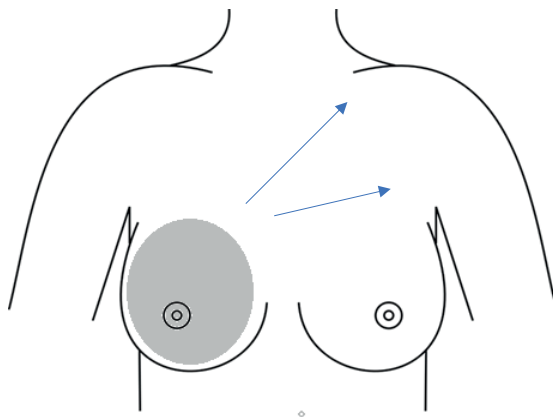
Use the flat of your hand or a soft ball and hold against the lymph nodes on the side of your neck. Then lift up the shoulder to gently squeeze your hand or the ball into your neck. Move your neck to touch your hand or ball. Repeat 4 times on each side.

Empty the lymph nodes under your armpits

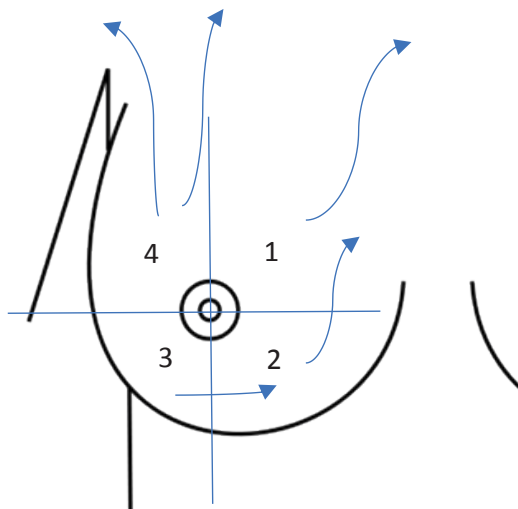
Start on one side with one hand in under your armpit (you can use a soft ball held in your armpit rather than the flat of your hand if you prefer). With one hand under the armpit, bring the arm down squeezing the hand (or ball) under the arm pit (like the funky chicken move). Do this 4 times on the left and the right side.

Clear the chest wall above your breast

Use the flat or side of your hand to do a gentle flush/stroke above the breast to clear the fluid. The pressure should be just enough to cause the skin to ruckle but not to make it go red. Start away from the swollen area and flush/stroke towards the neck and armpit nodes that you have just emptied on the unaffected side. Continue this for a few minutes until you have cleared the whole area.



Split the affected swollen breast into 4 areas. Work on each area in turn. Start with area 1, then 2, then 3 and finish with area 4.



Clear the breast as follows:

Clear 1 first, working a flush/stroke over this area until it feels softer then clear through the area into the chest and then clear the chest towards the unaffected side. **Now empty the lymph nodes to the unaffected axilla 4 times.**

Area 2: clear 2 as above and then when this feels softer, flush/stroke through section 1 and then across the chest. **Empty the lymph nodes 4 times.**

Area 3: clear until soft then sweep into 2 and up through 1. **Empty the lymph nodes 4 times.**

Area 4: Clear until soft and sweep into the armpit on the same side.

Repeat work on lymph nodes in your armpit x 4

Repeat work on lymph nodes in your neck x 4

Repeat deep breathing x 5

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