

## **Skin care and massage**

Dr Cheryl Pike

The importance of a regular skin care routine cannot be emphasised enough when you have lymphoedema. It is the foundation for good skin health in preventing infections such as cellulitis (erysipelas) and wounds (ulcers). However, when applying an emollient such as a cream or ointment, did you know that you are actually doing a form of self-massage? This session will introduce you to a new way of thinking about your skin care routine, and how you can build on the massage skills you already have so that you can soften those harder/firmer areas of lymphoedema. We will demonstrate how the use of simple gadgets has the potential to revolutionise your lymphoedema self-management so that you can see the improvement immediately; whether it is getting to those hard to reach areas, or seeing a visible reduction in your swelling after 5 minutes of massage.