

What to avoid?

1. Sitting or standing for too long. This is very important, particularly if you have swelling in your legs.
2. Wearing jewellery, clothes or footwear that are too tight.



Therapist:

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Oedema management Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is oedema?

Oedema is **swelling**. It is the swelling of soft tissues as a result of a build-up of excess fluid. This leaflet will provide you with information and advice on how best to manage oedema following your injury.

Why do I have oedema?

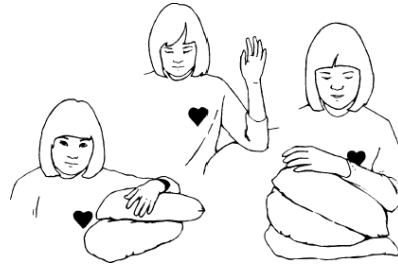
Oedema (**swelling**) is a natural part of the healing process that occurs after injury and surgical procedures. It is common to experience oedema after a burn injury.

Reducing this swelling is key in your recovery, as it can restrict mobility. This can lead to pain, stiffness and decreased range of movement.

What can I do to manage my oedema?

1. Elevation

Elevate the affected area(s) above heart level. An example is shown in the picture.



2. Regular movement

It is important to move affected joints and generally be active if possible.

Movement causes contraction and relaxation of the muscles, which encourages a natural pumping action and reduces swelling. Your therapist will advise which specific movements are most beneficial for your recovery and how frequently to do them.

What can we do to help today?

1. Massage

Your therapist will teach you massage techniques which can be used to reduce swelling.

We will assist you with elevation, movement and massage. We can also provide compression bandaging if appropriate.

Types of compression bandaging

1. Tubigrip

This is a tubular elasticated bandage which comes in a number of different sizes and can be cut to fit the affected limb (s).



2. Coban wrap

Coban is a self-adherent elasticated wrap which is intended to provide compression in order to reduce swelling.



3. Pressure garments

We have a pressure garment team on site who will take measurements of affected areas.

They make bespoke pressure garments which are beneficial in reducing swelling (and improve scar appearance longer term).

