

Clothing Suggestions During Lymphedema Treatment

The compression bandages that are applied as part of treatment for your lymphedema may provide some challenges for clothing. When we wrap your arm or leg, we increase the size of your limb and the clothes you normally wear may no longer fit for the duration of treatment.

LEG(S)

Treatment

Please wear or bring loose fitting/stretchy shorts, skirt, or very loose fitting pants that can easily be moved up to the top of your thigh so the treating therapist has access to your entire leg.

Leaving Treatment/Work

You will need loose fitting pants, shorts (summer), or skirt to accommodate the bandages.

Footwear

Obtain a pair of shoes 2-3 sizes larger than what you would normally wear. Shoes that tie often work well as the width of the shoe is more important than the length in accommodating the bandages. You may also buy a cast shoe or a pair of adjustable sports sandals. You will only need this footwear for the duration of treatment (2-4 weeks).

ARM(S)

Treatment

Please wear or bring a camisole or tank top (women) so your therapist can fully access your arm.

Leaving Treatment/Work

You will need loose fitting tops/jackets that can accommodate the bandages. If you are wearing short-sleeved shirts, remember the arm opening needs to be large enough to go over the bandages.