Being mindful of your posture and positioning can help reduce swelling and prevent fluid from building up. What you wear matters too—wearing certain kinds of apparel can restrict the flow of fluids through the head and neck, as well as increase neck and/or shoulder discomfort caused by lymphedema. Keep the following in mind:

**POSITIONING WHILE SLEEPING**

Sleep with your upper body slightly raised, to allow gravity to assist in draining lymph fluid from your head and neck. For example, use 2 or 3 pillows to raise your head, or raise the head of the bed by using bed lifts.

**POSTURE WHILE SITTING**

- Make sure to sit in ergonomic positions that reduce tension in the muscles of the neck and shoulders, especially when at your desk or computer.
- During other activities, such as watching TV or reading, avoid holding your head, neck, or shoulders in any position that causes pain, stiffness, aching, or tension.

**AVOID RESTRICTIVE APPAREL**

- Avoid tight clothing or garments around the head and neck area (except, of course, for prescribed compression garments).
- Avoid accessories that could exacerbate swelling in the head and neck, such as scarves and jewelry around the neck.

Visit Us at: www.headandneck.org

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