

POSTURE, POSITIONING & APPAREL

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.

