Controlling Swelling in Your Arm

Do the following activities and exercises to help keep down swelling in your arm or arms, depending on where your swelling is.

Keep your arm above the level of your heart, except when using it for activities.

Keep your arm up at all times
Whenever you sit or lie down, rest your arm on a stack of pillows.

Wear a support sleeve
Wear the support sleeve provided by your therapist during the day.
Your doctor may want you to have a pressure garment, which will be fitted to you and ordered for you.

Stop wearing the support sleeve or pressure garment and call your therapist if:
• Your fingers feel cold or tingling
• Pressure to fingertips does not turn the skin white
• Fingers look blue in color

Massage
• Keep your arm up at all times.
• Massage the arm _____ times a day for at least _____ minutes.
• Use lotion on your arm when massaging.
• Always rub toward your shoulder using firm pressure and long, smooth strokes.
Exercises

Foam Block Squeeze
Squeeze the foam block provided by your therapist with your:

- Left hand
- Right hand
- Both hands
  - Do exercise _____ times a day for ____ minutes.
  - Squeeze it hard for a count of 5.

Your therapist may give you more exercises to do.