How to Use Your Sequential Pneumatic Pump

Your physical therapist has recommended that you use a sequential pneumatic pump to help reduce the swelling in your arm or leg. This pump can help treat Lymphedema and be used in addition to compression therapy and/or manual lymphatic drainage. Your pump works by inflating several chambers of air through a sleeve placed on your arm or leg. This helps move the lymphatic fluid up the limb. A physical therapist will teach you how to use your pump to get the best results.

How to Use the Sequential Pneumatic Pump:

- Place the stockinette or cotton cover over the arm or leg.
- Apply the sleeve over the stockinette. Make sure the sleeve is pulled up the leg or arm to the level you were shown by the physical therapist.
- Connect the sleeve to your pump by plugging the end of the tubes into the tube connector.
- Turn on your pump.
  - While the first part of the sleeve is inflating, set or adjust the pressure as you were taught to do.
  - Remember that your pump may need to go through several cycles to get to the right level of pressure.
- The pressure of your pump should be set at _________________.
  - The right pressure is figured and set according to your specific needs. It is not good to adjust it too high.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- You should use your pump for ______ hours ______ times per day.
  - Pump for the amount of time as instructed by your physical therapist.
- When you turn your pump off, look at your skin for any areas of redness, rash, or bruising. Let your physical therapist know if you have any of these symptoms.

**Stop Using Your Pump and Call Your Physical Therapist if You Have These Symptoms:**

- Your skin becomes red, painful, or has signs of infection (warmth, redness, drainage, or swelling).
- You have numbness, loss of sensation, or the sleeve feels too tight.

**For Questions about Using Your Pump or to Report Symptoms Call:**

Physical Therapy, Oncology Rehabilitation  
The Stefanie Spielman Comprehensive Breast Center  
(614) 293-0043