

How to Use Your Sequential Pneumatic Pump

A sequential pneumatic pump is used to help reduce the swelling in your arm or leg. This pump can help treat lymphedema and be used along with compression therapy and manual lymphatic drainage. Your pump works by pushing air through a pump sleeve that is placed on your arm or leg. This helps move the lymphatic fluid up your arm or leg. Your physical therapist or certified pump vendor will teach you how to use your pump.

How to Use the Sequential Pneumatic Pump

- Place the stockinette or cotton cover over your arm or leg.
- Put the pump sleeve on over the stockinette. It is important to pull your sleeve up your arm or leg to the level you were shown by your physical therapist.
- To connect your sleeve to the pump, plug 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 directed by your physical therapist.
 - ▶ Your pump may need to go through several cycles to get to the right level of pressure.
 - ▶ It is important to do self-massage and breathing exercises during the first part of your pump treatment.
- **The pressure of your pump should be set at _____.**
 - ▶ The right pressure is based on your specific needs. **Do not** set the pressure 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 each day.**
 - ▶ It is important to use your pump for the amount of time ordered by your physical therapist.
- When you turn your pump off, look at your skin. Tell your physical therapist if you have any areas of redness, rash or bruising.

When to Call Your Physical Therapist

Stop using your pump and **call your physical therapist** if you have any of following symptoms.

- Skin that is red or painful or has signs of infection including warmth, redness, drainage or swelling
- Numbness or loss of sensation
- If your sleeve feels too tight

For questions about your pump or to report any symptoms, call your physical therapist at (614) 293-0043.