1. **Wear your garment every day**
   Apply first thing in the morning and remove at bedtime. Always compare any new garments with your old ones to make sure they are the same (if ordered as a repeat prescription). If you have any problems or concerns contact your lymphoedema therapist as soon as possible.

2. **Take good care of your skin**
   Wash and moisturise your limb daily using a cream to keep your skin in good condition and to reduce the risk of infection.

3. **Be active!**
   Sitting/standing in one position (particularly with the limb hanging down) will make the swelling worse; just paddling the feet, getting up and walking around the room/go up and down one step a few times will improve the movement of fluid.

4. **Think about your weight**
   Reduce or keep your weight within normal limits using a healthy eating plan and regular exercise as this will have positive benefits on your lymphoedema management.