



VINIFERAMINE®

TWO-STEP HOSPITAL-GRADE SYSTEM

EDEMA SKIN CARE

Cleanses, moisturizes and protects thin, fragile, edema-prone skin
Promotes healthy skin to help prevent bacterial contamination

Lymphedema Patient Education





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Healthy skin requires adequate circulation of blood and lymphatic fluids to deliver essential nutrients and remove metabolic waste. When you have impaired circulation, your skin can begin to suffer due to the lack of nutrients and the accumulation of lymphatic fluid and metabolic waste including free radicals. We have used a team approach utilizing nurses, pharmacists, and physicians in the preparation of this booklet with the hope that it provides valuable information to help you maintain healthy and viable skin and prevent serious skin-related complications of lymphedema and phlebolymphe^dema. *Bringing you products The Hospital Way™*

With warm regards,

A stylized, handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke at the bottom.

WARNING: Consult your health care provider. This booklet is provided as a guideline only. These statements have not been evaluated by the FDA.

What are Lymphedema and Phlebolymphe^dema?



Lymphedema (pronounced lim-fuh-dee-muh) and phlebolymphe^dema (fle^b-oh-lim-fuh-dee-muh) are caused by the decreased or arrested flow of lymphatic fluid either due to the removal of lymph nodes or due to chronic venous insufficiency (phlebolymphe^dema). The flow of lymphatic fluid is impaired causing it to accumulate, resulting in significant swelling, called edema. Due to gravity, the fluid most commonly settles and causes the most significant edema in the lower limbs, however it can accumulate and cause swelling in the upper body as well. Severe lymphedema or phlebolymphe^dema can lead to serious complications including skin ulcers, infections, amputations, and even death. Properly caring for your skin will help reduce or prevent your risk of experiencing some of these complications of lymphedema and phlebolymphe^dema.

Nourishing and Strengthening the Skin

A major reason that lymphedema and phlebolymphe-
dema frequently cause skin
complications is that
the accumulated fluids
create a physiological
barrier that prevents
the delivery of nutrients
from the blood to the
skin cells. Without the
nutritional support
from circulating blood,



skin cells eventually become sick and die, resulting in inflammation and tissue breakdown. Since the skin is unable to be adequately nourished from the blood supply, we need to consider alternative ways to deliver vital nutrients to the skin cells to keep them healthy and thriving.

Another reason skin problems develop in lymphedema and phlebolymphe-
dema is that the accumulation of lymph fluid and
subsequent swelling creates a lot of pressure and tension in the skin
as it stretches to accommodate the extra fluid. The skin can begin to
lose its elasticity and strength, increasing the chances that the skin
will break or tear and develop open sores that are slow to heal and
prone to infection.

Getting Started

1. Purchase the skin care items you will need in accordance with your health care professional's suggestions. They will include items like compression garments, a mirror, and specialized moisturizers and moisturizing cleansers.
2. Wash your skin every day using warm water, not hot. Your health care professional may suggest that you use a thermometer to be sure to keep the water between 90 to 95 degrees F. Dry your skin well by gently patting it with a soft towel, avoiding rubbing and creating friction on the skin.
3. Cleanse your skin with a specialized cleanser. Do not use soap because it will dry your skin and not provide any nourishment to your skin.
4. After cleansing, apply a specialized moisturizing cream.
5. If you use compression garments, you should put them on after applying a specialized moisturizing cream.
6. Set a time every day to thoroughly examine your skin and record your findings so you will be able to document and recall any changes in your skin when working with your health care team.



Using a Clinically Proven Treatment System

Keeping your skin properly cleansed and protected is an important part of your care plan.

1. Cleanse your skin by spraying a clinically proven moisturizing cleanser onto the affected area. Rinse with warm water. Avoid using a washcloth or other rough and abrasive cloths that can irritate the skin. Cleanse twice daily, morning and bedtime, or as directed by your health care team.
2. Gently apply a specialized moisturizing cream after cleansing, using a gentle stroking motion with the flat of the hand. Do not rub with excessive pressure as it can damage the skin. When cream is clear on the skin, stop the application and allow it to be absorbed on the skin. Apply to the affected area after every cleansing, or as directed by your health care team.
3. Carefully check your skin for any signs of redness, peeling, swelling, heat, drainage or sores and record any changes. Be sure to notify your health care team if you notice any of these signs.
4. Put on properly fitted compression garments only after thoroughly examining the skin and applying a moisturizing cream.
5. Keep your toenails and fingernails cleaned and trimmed to avoid scratching and breaking the skin and causing infections. Wearing appropriately fitting socks (not too tight) and light cotton gloves at night can help protect against inadvertent scratching while you sleep.

More Helpful Tips

Lymphedema or phlebolymphe­dema may make your skin more sensitive to irritants. You will need to treat your skin very carefully and protect it from irritations and infections.

1. Avoid perfumes or products that include artificial colors or fragrances.
2. Avoid rubbing or shaving irritated skin.
3. Avoid applying deodorants, powders, or shaving creams.
4. Use hypoallergenic laundry detergents, fabric softeners, and dryer sheets that are designed specifically for sensitive skin. This is especially important when washing compression stockings because they are in such close contact with your skin.
5. Avoid putting any tape or adhesive products on your skin.
6. If skin is itchy (pruritic), don't scratch. Talk to your health care provider if itching is intense or if you have any pain.

Conclusion

The degree to which lymphedema or phlebolymphe­dema affects the skin is dependent upon many factors, many of which you can help to control. Being proactive by incorporating preventative skin care can help to protect the skin against breakdown, sores, and infection. It's important to pay close attention to your skin and report any problems to your health care provider as soon as you notice them. You are a big part of your skin health, and if you take good care of your skin every day as suggested, you will have taken control of an important part of your health care to ensure the best quality of life for yourself.



VINIFERAMINE®

Two-Step Hospital Grade Kits Available

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Health Care Team

Health Care Educator

Name: _____

Company/Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Notes: _____

Physician

Name: _____

Company/Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Notes: _____