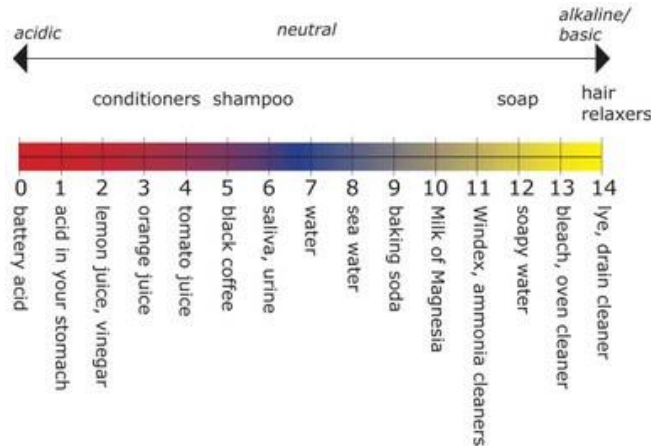




Skin Care: Keep your skin clean and well moisturized.

Maintain good hygiene and condition. There is a hydrolipid film of the epidermis – a mixture of water and lipids – that is created from the secretions of the sebaceous glands and the sweat that coats the skin and protects it from exogenous influences. (pH 4.5 and 5.7) (i.e. microbial colonization among other things) Reduces water evaporation and keeps the skin supple.

We want to maintain this layer by using a soap free cleanser with a pH of 7 or slightly acidic (approx. pH 5). Below are some products with pH levels to compare. Sometimes in the clinic we use black tea (pH 4.9)



AHAVA Soaps 5.5	MD Forte Facial Cleanser II 15%GA 3.8
Alpha Hydrox Foaming Face Wash 6.1-6.5	MD Formulations Sensitive Skin Cleanser 4.4
Alpha Hydrox Optimum Series Moisturizing Cleanser 6.3-6.5	MD Formulations Basic Facial Cleanser 5.5
Beauty Without Cruelty Vitamin C Cleanser 6.0-6.5	MD Formulations Oily/Problem Cleanser 3.8
Burt's Bees Tomato, Carrot, and Lettuce soaps 10	Neutrogena Deep Clean Facial Cleanser 3.8-4.6
Camay Soap 9.5	Neutrogena Deep Clean Cream Cleanser 2.8-3.8
Camocare Gold Light Foaming Cleanser 6.5-7.0	Neutrogena Deep Clean Cleansing Cloths N/A
Cellex-C Betaplex Cleanser 5.0-5.5	Neutrogena Extra Gentle Cleanser 5.6-6.2
Cetaphil cleanser 6.7	Neutrogena Extra Gentle Cleansing Bar 6.0-7.5
Dermalogica Exfoliants: 3.4-3.9	Neutrogena Facial Cleansing Bar Original Formula 8.7-9.2
Dermalogica The Bar 5.5	Neutrogena Fresh Foaming Cleanser 6.2-6.9
Dermalogica Dermal Clay Cleanser 6.2	Liquid Neutrogena 8.7-9.1
Dial Soap (liquid and bar) 9.5	Neutrogena Pore Refining Cleanser 3.7-4.2
Dove Bar, Baby Dove Bar 7	Neutrogena Cleansing Bar for Acne-Prone Skin 8.7-9.2
Dr. Bonner Liquid Soaps 8	Neutrogena Oil-Free Acne Wash 3.6-4.4
Earth Science Clarifying Facial Wash 5.0-5.5	Neutrogena Oil-Free Acne Wash Cream Cleanser 3.6-4.4
Earth Science ADE Creamy Cleanser 5	Neutrogena Oil-Free Acne Wash Foam Cleanser 3.5-4.2
Earth Science Apricot Facial Scrub Cream 5	Nutribiotic Non-soap skin cleansers 5.3-5.7
Earth Science Aloe-Gel Cleanser Liquid 5	Olay Foaming Face Wash - 6.85-7.36
Ecco Bella Normal/Oily Cleanser 6.5-7.0	Olay Foaming Face Wash - Sensitive Skin 6.6 - 7.35
GlyTone Mild Cream Wash 3.4%GA, 3.5	Olay Emollient Cleansing Lotion 6.0 - 7.2
GlyTone Mild Gel Wash 4.7% GA, 3.8	Olay ADS Daily Renewal Cleanser 2.9 - 3.25
GlyTone Wipe Away Cleanser 7.8% GA, 3.8	Olay ProVital Revitalizing Cleanser 2.9 - 3.25
Irish Spring Soap 9.5	Olay Daily Facials Normal/Dry 6.9 (when wet)
Ivory Soap 9.5	Olay Daily Facials Normal/Oily 7.6 (when wet)
Jevelle Magick Clear Gentle Apricot Scrub 5	Palmolive soap 10
Johnson & Johnson Head to Toe Baby Wash 6.5-7.0	Paula's Choice (all formulations) 5.5
Johnson & Johnson 5.5 5.5	Physician's Choice pHaze1: Facial Wash 5%AHA 6
Lever 2000 9	Physician's Choice pHaze1: Facial Wash oily/problem 7%AHA 5
MD Forte Cleansers pH 3.8	Purpose Facial Cleanser 6.5-7.0

Compression can lead to dry skin by 1) mechanical stress due to rubbing the skin; 2) suction effects by absorbing the hydrolipid film on the skin. We need to use a product that protects the skin and does not contain petroleum or paraffin that can result in stockings losing their effectiveness. Using products that are natural and similar to dermal lipids (i.e. almond oil, carrot oil, aloe vera extract, peanut oil) can all be helpful.

Other products like Cetaphil, Eucerin, Lymphoderm, Biotin massage cream, are other products safe for compression garments. Some people looking to avoid estrogen due to a possible cancer that was estrogen based may wish to avoid parabens (stabilizers) that are in many products.

Apply gently/sparingly with a massaging motion. Will be completely absorbed into the skin in 5-10 minutes. Compression stockings/sleeves should not be put on until the product is completely absorbed. Can be applied 2x/day but should always be applied after showering/bathing.

Supplementary product: Eskadron Kühl-Gel AQUA 500 ml (found on eBay; made in Germany) (“Cool Gel”) is suitable for relaxing, cooling, and invigorating the legs. An alcohol-free gel contains rutin in addition to oils that are suitable for skin care and is has a long-lasting, pleasantly cooling effect, particularly in hot weather.

Precautions: Your skin may be more sensitive than it was in the past!

Beware of infections: (cellulitis)

- Wear gardening gloves, and avoid scratches when gardening
- Avoid needle sticks in the lymphedema limb.
- Be careful of pet scratches
- Wear close-toed shoes if lower extremity edema
- Use an electric razor for hair removal around the affected area (i.e. under arms, legs, face)
- Do not have manicures or pedicures where cuticles are cut
- For facial edema: do not pluck eyebrows, have dermabrasion, avoid harsh chemicals (perm, relaxers)
- Do not pierce or tattoo the affected area.

Avoid Temperature Extremes:

- Heat and cold can slow the lymphatic system down.
- Sunburn or chapping may cause damage to the initial lymphatic vessel, which are under the skin
- In the Winter: wear a hat, scarf and protect your face
- In the Summer: wear a hat, sunscreen, bug repellent
- Avoid exposure to hot water and steam for more than 15 minutes (hot showers, saunas, Jacuzzis, etc), and avoid water above 102 degrees F.
- In the kitchen, be careful around steaming pots, grease spatters from frying and the blast of heat when you open the oven.
- Drink plenty of water every day.

Avoid Constriction and Dependent Positions:

For arms: bra straps or underwire that dig into the skin, heavy bag or purse that cut into the shoulder, tight shirt sleeves.

For legs: tight stockings/socks or undergarments, poor fitting footwear.

For head/neck: avoid a head down position for long periods of time – prop up reading material – Sleeping propped up may be helpful.