



# Spring into gardening action!

Repetitive tasks and skin injury often result in worsening of arm lymphoedema in people who have had breast cancer treatment. Here we offer advice on how to protect your limb while gardening in the great outdoors.

## 1 Cover up

Wear protective gardening gloves, ideally ones that extend up the arm, to protect the skin from cuts and scratches while gardening

## 2 Keep the bugs away...

Use insect repellents that won't dry out the skin and don't contain harsh chemicals. Insect bites can result in damage to the skin, making it susceptible to infection.

## 3 ...and the sun too!

Wear sunscreen of SPF 30 or above to prevent painful sun damage to your skin.

## 4 Easy does it

Be cautious and don't over do any heavy lifting or activities that involve repeated movement of the arm(s), such as raking. Take frequent breaks and stop if you experience aching, pain or feelings of heaviness.

## 5 Washing up

After all your hard work, wash your skin using a gentle soap and apply a moisturiser to keep your skin in good condition.

## 6 Wound watch

Apply a topical antiseptic or antibiotic to any wounds that you notice. Cover them with a dressing and watch for signs of infection such as redness, swelling, heat or pain.



# It's a wrap!

You don't have to go to the movies to be amazed...

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