



# Glove up to keep out of arm's way

If you have lymphoedema in your arm it is important that you protect your skin from damage such as breaks, bites and scratches, which can put you at risk of infection.

**1** When gardening, make sure you wear gloves to protect your hands. Gloves with gauntlet sleeves can provide extra protection for your arms too.

**2** Heavy-duty gloves may help to offer extra protection against unseen thorns on roses and brambles.

**3** When cooking and using your oven, take care to use an oven glove, ideally with arm protection, to prevent against burns from hot dishes and oven shelves.

**4** Use a pair of gloves when washing up or in any situation where the hands are immersed in water, to prevent the skin from becoming dry and cracked.

**5** Even if you wear gloves to protect your skin during everyday activities, examine your skin when you remove them for signs of damage that could act as an entry point for bacteria.

**6** If you see damage, wash the area and apply antiseptic cream. Check the area frequently for signs of infection. 

