

For people managing lymphedema, maintaining skin hydration and avoiding irritation is crucial. The skin is often more vulnerable, and harsh chemicals or highly alkaline products can exacerbate dryness or even lead to skin damage. Therefore, it's important to use products with a neutral to slightly acidic pH (around 6.5) that are gentle, hydrating, and non-irritating. Below is a list of recommended cleansers and lotions that fit these criteria and are generally well-suited for sensitive or lymphedema-prone skin:

**Cleansers (Neutral to Slightly Acidic pH):**

1. Vanicream Gentle Body Wash
  - pH: 5.5–6.0
  - Free from fragrances, dyes, and sulfates, this gentle body wash is ideal for sensitive skin and lymphedema care.
  - Hydrating & Non-drying: It's formulated to cleanse without stripping moisture, making it a great option for dry or delicate skin.
2. CeraVe Hydrating Cleanser
  - pH: 5.5–6.0
  - CeraVe is known for its non-irritating formulas, and this cleanser is enriched with ceramides, glycerin, and hyaluronic acid to help maintain skin hydration.
  - Hydrating: It helps replenish the skin's natural moisture barrier while gently cleansing.
3. Eucerin Advanced Cleansing Body & Face Cleanser
  - pH: 5.5
  - This formula is sulfate-free and is designed for sensitive skin.
  - Hydrating & Soothing: Eucerin products are often recommended for dry or compromised skin.
4. Avene Xeracalm A.D Lipid-Replenishing Cleansing Oil
  - pH: 5.5
  - Ideal for very dry and irritated skin, this cleansing oil provides a rich layer of moisture while gently removing dirt and impurities.
  - Moisturizing: It's formulated to protect and soothe while supporting the skin's natural barrier.
5. Neutrogena Hydro Boost Water Gel Cleanser
  - pH: 5.5–6.0
  - A gentle gel cleanser with a hydrating formula that doesn't leave the skin feeling tight or dry.
  - Hydrating: Contains hyaluronic acid, a well-known moisture-boosting ingredient.

**Lotions (Neutral to Slightly Acidic pH):**

1. Eucerin Advanced Repair Lotion
  - pH: 5.5–6.0
  - Formulated for dry, rough skin, this lotion is enriched with ceramides and lactic acid to hydrate and gently exfoliate without stripping the skin.
  - Hydrating & Non-drying: Suitable for daily use to improve skin moisture.
2. CeraVe Daily Moisturizing Lotion
  - pH: 5.5–6.0
  - Contains ceramides, glycerin, and hyaluronic acid to help restore the skin's moisture balance.
  - Hydrating & Restorative: Lightweight but long-lasting, great for use on the whole body.
3. Aveeno Skin Relief Moisturizing Lotion
  - pH: 5.5
  - This lotion contains colloidal oatmeal, which is known for its soothing and anti-inflammatory properties, making it a great option for sensitive or dry skin.
  - Soothing & Non-irritating: It helps to restore moisture while calming the skin.
4. Neutrogena Norwegian Formula Moisture Wrap Body Lotion
  - pH: 5.5
  - Designed for dry, rough skin, this body lotion is rich in glycerin and dimethicone, which forms a barrier to lock in moisture.
  - Hydrating & Long-lasting: Provides a lasting moisture shield to keep skin soft.
5. La Roche-Posay Lipikar Balm AP+
  - pH: 5.5–6.0
  - Contains sheer butter and niacinamide to restore the skin's barrier and provide deep hydration.
  - Moisturizing & Non-irritating: Ideal for extremely dry skin, it's gentle and soothing.
6. Aquaphor Healing Ointment
  - pH: Slightly acidic (around 5.5)
  - While not a traditional lotion, this ointment is excellent for severely dry areas or compromised skin, forming a barrier that helps retain moisture.

- Healing & Hydrating: Great for very dry patches, cracked skin, or areas prone to irritation.

#### **Additional Tips for Lymphedema Skin Care:**

- Avoid Fragrances & Dyes: Opt for fragrance-free and dye-free products to minimize skin irritation.
- Use a Humidifier: If you live in a dry environment, using a humidifier can help maintain moisture levels in your skin.
- Hydrate Internally: Drink plenty of water to support skin health from the inside out.
- Patch Test: Always do a patch test with any new product to ensure it doesn't irritate or dry out your skin, especially when managing lymphedema.
- Ask your doctor about using AmLactin lotion
  - The pH of AmLactin lotion typically ranges between 4.5 and 5.5. This slightly acidic pH helps:
  - Enhance exfoliation – Lactic acid works best in an acidic environment to gently remove dead skin cells.
  - Support skin barrier – Maintains healthy skin by preventing excessive dryness or irritation.
  - Improve absorption – Allows the skin to effectively absorb moisture.

Since AmLactin contains lactic acid, it's important to avoid applying it to broken skin or sensitive areas, as it may cause mild stinging or irritation.

These products are all designed to maintain skin hydration and integrity while being gentle enough for sensitive skin. Most are free of harsh chemicals and preservatives, making them great choices for managing skin care in lymphedema.

### **YEAST INFECTIONS**

Your skin is your first line of defense against bacterial infection. When skin stays healthy, it protects your body. When skin becomes irritated, moist, or broken, infections can occur more easily — especially in people with lymphedema, lobules, or obesity. Recognizing the signs & symptoms of a yeast infection (& how to prevent them) is important for skin integrity.

#### **What Is a Yeast Infection?**

A yeast infection is a fungal infection caused by yeast (most often *Candida*). Yeast normally lives on the skin, but it can overgrow when conditions are right. Yeast thrives in warm, moist, dark areas, especially where skin rubs against skin, moisture gets trapped or air circulation is limited. People with lymphedema, skin folds, lobules, or increased body weight are at higher risk.

#### **Common Places Yeast Infections Occur**

Yeast infections often develop in areas where skin sits on skin, including between lobules or any deep skin fold, under the breasts, in the armpits, between the abdomen and groin, or in the inner thighs.

## Signs & Symptoms of a Yeast Infection

Watch for:

- Red or darkened skin
- Shiny or moist appearance
- Itching or burning
- Skin that looks “raw”
- White or flaky edges
- Foul or unusual odor
- Cracks or open areas in the skin



by Eyesight



by Cleveland Clinic

Early treatment helps prevent skin breakdown and bacterial infection.

## Treatment

A. Prescription Options - These are often prescribed when a yeast infection is present or recurring.

- Nystop® powder
- Nystop® cream
- Nystatin (cream or ointment)

B. Preventative Options

- Corn starch may be used to help keep skin dry when there is NO open skin. It helps absorb moisture & is preventative (not a treatment for active infection).

⚠ Do NOT use corn starch on open skin or broken areas. Corn starch is a carbohydrate. Yeast and fungi can use it as food. This can cause the yeast infection to grow and spread, especially in moist areas. This raises the risk of a secondary bacterial infection. Corn starch in open skin areas can also create irritation, increase pain or impact healing. Use only anti-fungal medication.

## When to Apply Corn Starch or Medication

A. After Showering

Gently wash skin folds with mild soap. Then rinse well & pat completely dry (do not rub) by using a clean towel (or a cool hair dryer may help). Apply prescription medication if yeast is present. Use corn starch only if skin is intact and being used for prevention

B. Lotion

Use lotion on surrounding skin (not in areas at risk for yeast). Allow it to fully absorb (15-20 minutes).

**Created by Lymphedema Therapy Source (with assistance of Ai)**

**Reference: Foldi's Textbook of Lymphology**