



Early Signs of Lymphoedema - What to Watch For

You don't need all of these — even one change is worth noticing.

- Heaviness in a limb
- Tightness in clothing, jewellery, or shoes
- Swelling that comes and goes
- Skin feeling tight, thick, or different
- Reduced flexibility or movement
- Aching or discomfort
- One side feeling different to the other

If you notice any of these, consider speaking to your GP.