

Signs and Symptoms

Is this cellulitis?

- Signs**
- Redness
 - Rash
 - Red spots
 - Increased edema

Mark the outline of the area of the redness on the skin with a marker

- Symptoms**
- Fever
 - Pain or tenderness in affected limb/body part
 - Heat in affected limb/body part
 - Influenza like symptoms:
 - Chills, malaise, head ache, muscle pain, nausea, weakness

- Tests (optional)**
- Blood test
 - Culture if sepsis

Not all signs and symptoms will be present at the same time or for all patients.



Diagnosis confirmed by a medical professional

Treatment

- Start immediately on antibiotics and as prescribed
- ALWAYS take the whole prescribed course of antibiotics
- Recommended for lymphedema patients: 10-14 days (or shorter depending on local guidelines)
- Associated steroids or anti-inflammatory drugs are not useful

- As soon as tolerated start wearing compression to control edema and reduce pain
 - Consider a lower class garment, an older/used garment
 - Consider a bandage (short stretch)
- As soon as possible move around, with compression, to reduce edema

- Antibiotics**
- Consult with your doctor about the most suitable antibiotics for your personal situation.
 - Intravenous if severe/sepsis

Delaying treatment with antibiotics can increase the risk of sepsis

Delaying treatment with compression can increase the (lymph)edema



For recurrent cellulitis

- Reduce risks of further episodes by adhering to best practice in self-management (i.e. compression, weight management, skin care; see Do's and Don'ts - QR code below).
- Talk to your doctor about temporary prophylactic antibiotics if you have recurrent cellulitis.



Self-management

Prevention

Every day

- Always wear adequate compression as prescribed
- Keep a healthy weight
- Take care of your skin
- Watch out for cuts, scratches, bites, burns, abrasions, blisters



- Seek medical attention for wounds or fungal infections and other skin conditions that are not healing or responding to treatment

Every episode of cellulitis can damage the lymph vessels and increases the risk of further episodes, making it more difficult to manage your lymphedema

Listen to your body and pay attention to changes!



For more information:
[YouTube: VASCERN Webinar: Infections and Lymphedema](#)

www.vascern.eu:
 Do's and Don'ts Factsheet on "Compression", "Skin Care", "Cellulitis/erysipelas"

