

Lymphedema monitoring sheet

After lymph-node-affecting surgery (sentinel or full axillary dissection), tracking arm measurements helps catch early lymphedema. *Measure weekly to monthly. Compare to baseline.*

BASELINE (BEFORE SWELLING)

DATE OF BASELINE MEASUREMENTS

AFFECTED ARM CIRCUMFERENCE (WRIST)

AFFECTED ARM CIRCUMFERENCE (MID-FOREARM)

AFFECTED ARM CIRCUMFERENCE (MID-UPPER ARM)

UNAFFECTED ARM — SAME LOCATIONS

TRACKING OVER TIME

DATE	WRIST (CM)	MID-FOREARM (CM)	MID-UPPER ARM (CM)	UNAFFECTED ARM	NOTES

WHEN TO CALL THE TEAM

- Sudden swelling, especially after a bug bite, scrape, or sunburn
- Heaviness or tightness in the arm
- Redness, warmth, or pain (possible infection)

Difference of 2cm or more between arms

Changes in skin texture

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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