

You might develop swelling in the area of your pelvis or genitals after treatment for cancer of the prostate, bladder, womb, vagina, testis, penis or rectum.

It is normal to have swelling after you have had surgery or radiation treatment. But if the swelling is not going down after 2 to 3 months, then you may have lymphoedema.

You may have lymphoedema in either your leg or genital area, or in both places.

To reduce your risk of lymphoedema, try to maintain a healthy weight, keep active and look after your skin.

Please see the relevant sections for general advice on skin care, weight management and activity. Also, see the leg exercises.



Early signs of pelvic and genital lymphoedema

- Swelling in your genital area
- Discomfort when you urinate
- Aches and pain in the genital area
- Underwear feeling tight or uncomfortable

If you experience any of these symptoms, please discuss them with your doctor, nurse or physio and ask to be referred to a lymphoedema therapist