

FILARIAL LIMB CARE AT HOME FOR BETTER LIVING



**Can this be
prevented**

Yes, only you can do it.

**VECTOR CONTROL RESEARCH CENTRE
PONDICHERRY**

FILARIAL LIMB CARE AT HOME FOR BETTER LIVING



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**ELIMINATE FILARIASIS
ALLEVIATE POVERTY**

FILARIAL LIMB CARE AT HOME

- WASH THE AFFECTED AND UNANFFECTED LIMBS DAILY ATLEAST ONCE IN THE NIGHT TIME BEFORE GOING TO BED. IF POSSIBLE WASH TWICE DAILY - ONCE IN THE MORNING AND ONCE IN THE NIGHT TIME.
- USE ORDINARY TAP WATER FOR WASHING
- DO NOT USE HOT WATER
- POUR WATER FROM ABOVE



- SCRUB THE LIMB WITH SOAP (COMMONLY USED BATH SOAP) USING YOUR HANDS.
- DO NOT USE BRUSH / COCONUT FIBRES / NAILS / ANY OTHER MATERIAL. IF YOU DO THAT, THE SKIN WILL BE INJURED AND MICROORGANISMS WILL ENTER THROUGH

THE INJURED SKIN AND CAUSE INFECTION OF THE UNDERLYING TISSUE.

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- **SCRUB WELL THE SPACE BETWEEN YOUR TOES AND BENEATH SKIN FOLDS IF YOU HAVE ANY, USING A SOFT CLOTH.**



- **WASH THE LIMB WITH WATER AFTER SCRUBBING**



- **DRY THE SKIN USING A SOFT CLOTH; GENTLY DAB THE WET AREA.**



- **DO NOT RUB VIGOUROUSLY OR USE A ROUGH CLOTH BECAUSE THE SKIN CAN GET INJURED**
- **IF YOU HAVE FUNGAL INFECTION, APPLY WHITFIELD OINTMENT OVER THE INFECTED AREA**



- IF THERE IS A CUT OR ANY INJURY, APPLY ANTISEPTIC CREAM SUCH AS BETADINE OR ANTIBIOTIC CREAM SUCH AS SOFRAMYCIN
- PERIODICALLY TRIM YOUR NAILS. TAKE CARE NOT TO INJURE THE SKIN WHILE TRIMMING THE NAILS
- WHENEVER POSSIBLE, WHILE WORKING OR RELAXING KEEP THE AFFECTED LIMBS ELEVATED / STRETCHED AS SHOWN IN THE PICTURES BELOW.
- WHILE SLEEPING ON THE FLOOR KEEP YOUR LEGS ON 2 OR 3 PILLOWS OR ON A WOODEN STOOL OR PLANK.



- IF YOU ARE SLEEPING ON A COT RAISE THE FOOT END OF

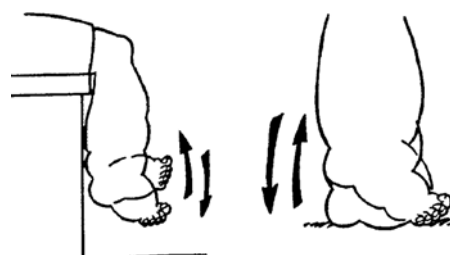


**YOUR COT BY PLACING TWO BRICKS BENEATH THEM OR
KEEP 2 OR 3 PILLOWS UNDER THE BED AS SHOWN IN THE
PICTURE.**

- **WEAR A CREPE BANDAGE DURING THE DAY TIME. THE
BANDAGE SHOULD BE WORN PROPERLY. IT SHOULD COVER
THE FEET AND THE LEG. REMOVE THE BANDAGE IN THE
NIGHT BEFORE GOING TO SLEEP**



- **DO SIMPLE ROTATING AND ELEVATION EXERCISES
WHENEVER POSSIBLE.**



(A) YOU CAN ROTATE YOUR LEGS AROUND THE ANKLE IN BOTH DIRECTIONS.



(B) YOU CAN ALSO STEP UP AND DOWN ON YOUR HEELS AS SHOWN ABOVE

(C) LIE DOWN ON THE FLOOR, LIFT BOTH THE LEGS AND DO CYCLING MOVEMENTS IN THE AIR.

(The above exercises should be performed several times daily)

- WEAR CHAPPALS WHILE GOING OUT**



THE ABOVE MEASURES WILL PREVENT THE LIMB SWELLING FROM BECOMING WORSE. THE SWELLING MAY BECOME LESS. FREQUENCY OF ACUTE FILARIAL FEVER WILL BECOME LESS.

Filarial limb care and rehabilitation centres:

1. **Vector Control Research Centre**
Medical Complex, Indira Nagar
Pondicherry – 605006
2. **St. Joseph Cluny Hospital**
16, Romain Rolland St
Pondicherry – 605001
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For information on filariasis visit: [**www.pon.nic.in/fil-free**](http://www.pon.nic.in/fil-free)