

# The use of Kinesio Tape in patients with edema and hematoma after surgery at the European Institute of Oncology

Teixeira L.F.N.; Baggi F.; Bonacossa E.; Sandrin F.; Marotta M., Lanni G.; Simoncini M.C.

After surgery, some patients may show signs of local swelling and hematoma. In general, these side effects may disappear over time, as the body absorbs the residue liquids, or by means of aspiration, using a invasive technique. In the European Institute of Oncology we use Kinesio Tape to reduce post-surgery edema or hematoma, thereby helping these patients to achieve a faster, pain-free recovery

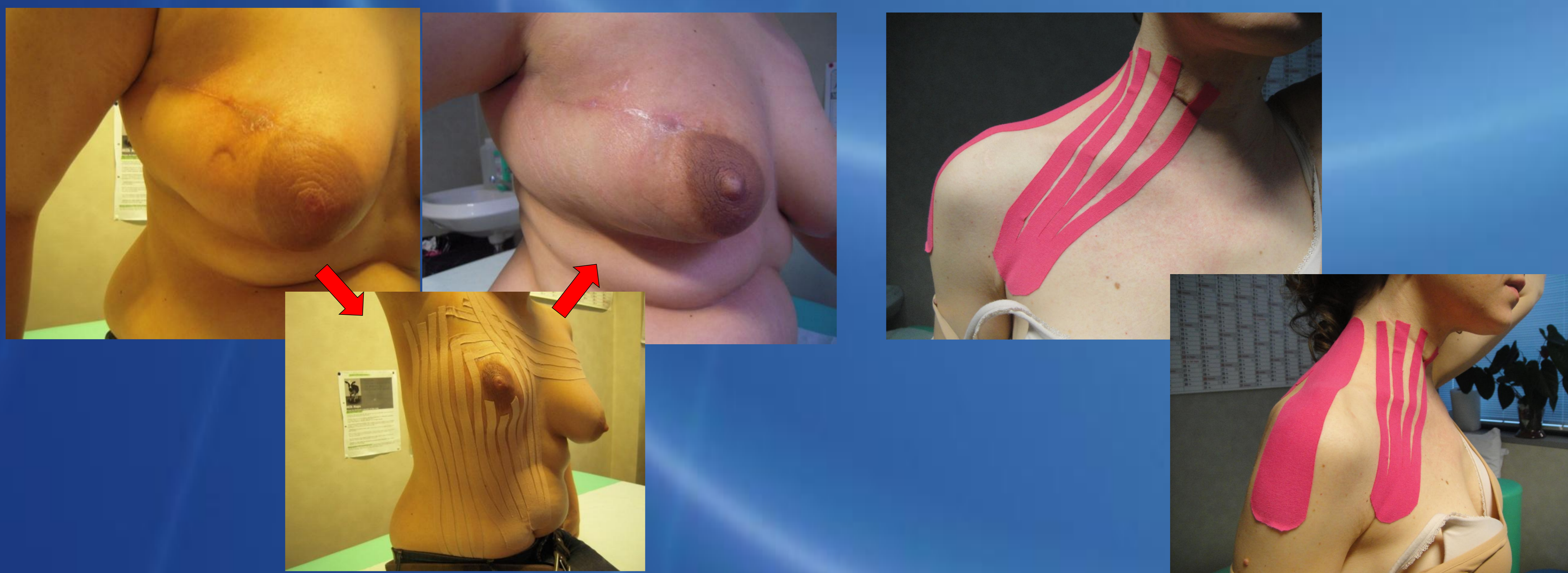
## The most common causes of swelling after surgery in the IEO are:

- Breast swelling after breast surgery or breast reconstruction
- Face swelling after head and neck surgery
- Hematoma caused by the surgical procedure



## Kinesio tape is used:

- To drain the swelling or hematoma in the breast
- To help to avoid or reduce the number of invasive procedures for reducing the swelling
- To reduce face edema in head and neck surgery



## Results

- Visual reduction and less feeling of tension of the edema/hematoma in the breast area (verified in 20 patients in the last 2 months)
- Positive results, both in terms of visible appearance and tension reduction, in head and neck patients, who usually do not receive any treatment to drain the swelling
- Further studies are warranted to prove the scientific efficacy of this method

## Bibliography:

Kenzo K; Wallis J.; Tsuyoshi K. Clinical Therapeutic Applications of the Kinesio Taping® Method 2nd edition, 2003.  
Stockheim K. R. Kinesio Taping® for Lymphoedema and Chronic Swelling, 2004.