

Patient Information Sheet

Wearing a Pitpak

Introduction

This leaflet will provide you with information about wearing a Pitpak. If you have any questions after reading this leaflet, please speak to one of the team.

What is a Pitpak?

- This is a specialized therapeutic pad filled with sterilized, all-natural cherry pits.
- Designed like a mini beanbag, Pitaks come in several shapes and sizes.
- Dependent on the area of the body which needs targeting/softening, you will be issued with the most appropriate size and shape. Your Lymphoedema Nurse will discuss and provide advice on this.
- Pitpaks tend to be used mainly on the chest.

What does a Pitpak do?

A Pitpak is designed to locally increase pressure to areas with hard fibrotic tissue due to swelling. The cherry pits create multiple pressure points when used, it is designed to stimulate lymph flow and soften tissues.

How to wear

- Standard application of the Pitpak is to wear it inside your bra next to your skin.
- The placement of the Pitpak is open to an element of choice. You can wear it either way up. It is to be placed over the area of swelling or thickening.
- The Pitpak should fit well covering the swollen or thickened area.
- There are only two sizes which are Small (15cm) and Medium (20cm). If you feel that you would like an alternative size or an additional Pitpak, please do not hesitate to contact the Lymphoedema team. You can wear more than one Pitpak at a time.
- If your swelling/thickened tissue is to the inner area of the breast at the cleavage, you may require additional padding placed in between the breasts. This will ensure the Pitpak is kept firmly against the breast to enable it to stimulate lymph flow and soften the tissues.



Things to look out for

- When you first start wearing the Pitpak, there may be a significant pattern of indentation on the breast once removed. This is normal and should reduce over time, highlighting a reduction in the volume of swelling.
- Any **redness, heat, pain or increased swelling** may indicate an **infection**, and you should contact your GP for advice.

Washing instructions

These can be found in the booklet that arrives with your Pitpak.

Contraindications

- You should not wear your Pitpak if it causes any itching or irritation.
- You should remove it, bathe the affected area and monitor for any changes of redness, heat or pain which may indicate an infection.
- If you do not feel that the Pitpak is effective, please contact the Lymphoedema team.

When to wear

- The Pitpak should be worn all day whilst your bra is in place and then removed when the bra is removed.
- Your bra should be a well supporting, you can also wear a sports bra or crop top.

Contact details

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or message directly through Patient Knows Best (PKB)

Please speak to a member of staff if you need this leaflet
in large print, braille, easyread, audio or
another language