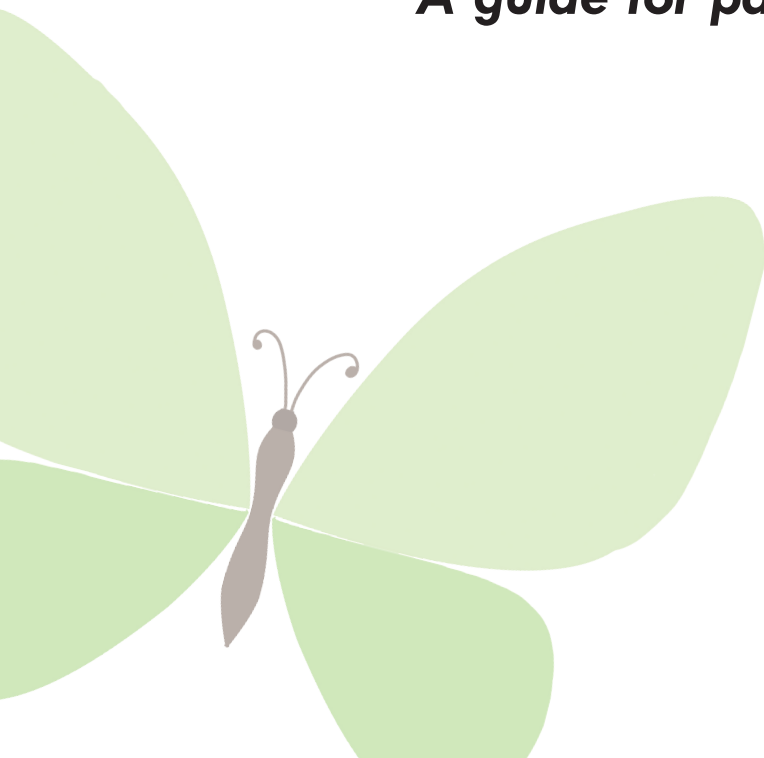




# LYMPHOEDEMA CLINIC LYMPHFLOW ADVANCE

*A guide for patients and carers*



**'always there to care'**

Lindsey Lodge Hospice and Healthcare  
Burringham Road  
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Tel: 01724 270835  
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## Welcome to the Lymphoedema Clinic

You are due to undergo a course of intermittent pneumatic compression treatment with the LymphFlow pump. The pump mimics the action of manual lymphatic drainage which is a treatment used to assist lymph fluid to drain from your affected limb. Please read the following information before attending for your treatment.

- Please empty your bladder prior to treatment.
- You will be required to remove any clothing, jewellery and compression hosiery/wraps from the affected arm/leg.
- Deep breathing exercises and emptying of the lymph nodes will be completed before and after the pump is used to ensure effective lymphatic drainage. Your therapist will show you how to do this and can assist if necessary. This must be repeated before and after performing any Simple Lymphatic Drainage (SLD) advised to complete at home.
- A stockinet liner will be placed on your arm/leg followed by the sleeve of the pump. This will encase your arm from your upper chest/shoulder to your fingertips or your groin to your toes. You will then be connected to the pump.
- Your treatment time will vary as the pump adjusts to the size of the limb and the fluid within that limb, however, each limb typically takes 40-60 minutes to be treated.
- The pump applies intermittent pressure to the affected limb although treatment should not feel uncomfortable. It is therefore very important that you tell your nurse/therapist if you feel any pain or discomfort.
- Once the treatment is complete, compression hosiery/wraps must be re-applied.

## You will not be able to undergo treatment if you have any of the following

- Acute cellulitis (infection of the skin) or any other infection.
- Known or suspected blood clot/DVT.
- Broken, leaking or fragile skin.
- Congestive Cardiac Failure.

**NB: Please contact the Lymphoedema clinic on 01724 854907 prior to your appointment if this applies to you.**

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