



# LymphFlow Advance

**Always there to care**

## LymphFlow Advance

You are due to undergo an individualised course of lymphatic drainage using the LymphFlow Advance pump. The pump uses intermittent pneumatic compression to help move lymphatic fluid from the skin tissues into the lymphatic vessels where it can drain naturally. This can result in a reduction in swelling, pain and helps to soften fibrotic tissues therefore improving skin texture.



### **Please read the following information before attending for your treatment.**

- Please ensure that you arrive for your appointment wearing your compression garments.
- Please empty your bladder prior to treatment.
- You will be required to remove any clothing, jewellery and compression garments from the affected area.
- To ensure effective lymphatic drainage, deep breathing, limb exercises and emptying of the lymph nodes using gentle repeated pressures with a lymphoedema ball, will be completed before and after the pump is used. Your therapist will show you how to do this and can assist if necessary. This must also be repeated before and after performing any Simple Lymphatic Drainage (SLD) at home which we advise you to repeat several times a day whilst undergoing a course of treatment in order for your treatment to be as effective as possible.
- 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 depending on the area affected by swelling. If both legs are affected, we have a trouser garment which can be used to treat both legs at the same, this also drains the abdominal area. The sleeve is then 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 30–60 minutes to be treated.
- The pump has 12 chambers and applies intermittent pressure to the affected limb in a sequence via these chambers. There are 7 modes which enable treatment to be targeted to a specific area. 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 garments must be re-applied immediately.



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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