

Types of lymphoedema

Primary lymphoedema is usually determined from birth and may be due to the underdevelopment of the lymphatic system. It can affect infants, children, men or women. It may develop without any obvious cause at different stages of life but in particular in adolescence or during the menopause.

Secondary lymphoedema can develop after cancer treatment but it can also occur as a result of infections, severe injury or burns which can cause damage to the lymph vessel. Sometimes it can develop when movement is restricted or where there are venous problems i.e. varicose or deep vein thrombosis whereby the lymphatic system becomes overloaded and unable to function efficiently.

Obesity can cause lymphoedema or exacerbate the problem.

Lipoedema is a condition that is often mistaken for lymphoedema. It mainly affects women, only the legs, thighs and buttocks are affected but it does not usually extend to the feet. It is due to a disorder of the fatty tissue. The swollen legs are usually pale and cool and bruise easily. Treatment is the same as for lymphoedema.

Cellulitis: because the immune system is compromised people suffering from lymphoedema are more susceptible to infections.

If you think you have an infection or feel generally unwell, or have signs of redness, tenderness or pain to the swollen limb immediately contact your GP for a fourteen day course of antibiotic treatment.

Accessing the service

We accept referrals from GPs and other healthcare professionals on behalf patients registered with a Bromley GP.

Referral Criteria

- Patients with Chronic oedema/ Lymphoedema with Lymphorrhoea (weepy/wet legs)
- Patients with a history of repeated cellulitis related to oedema
- Secondary Lymphoedema/Chronic oedema; swelling that has been present for longer than 3 months not reducing on elevation
- Lymphoedema secondary to cancer
- Primary Lymphoedema
- Registered with a Bromley GP
- Able to attend clinic

Your Appointment

- If you need to cancel your appointment please give us as much notice as possible by calling **0300 330 5777** or speaking to your healthcare professional who will contact the Lymphoedema service on your behalf.
- If you do not attend your appointment without notice you may be discharged from the service.

The Lymphoedema service aims to:

- Provide supportive self management advice and specialist care
- Manage swelling and prevent erosive skin breakdown

Lymphoedema Service

Caritas House
Tregony Road
Orpington BR6 9XA

0300 330 5777*

bromh.cccpod2@nhs.net

*calls charged at local rate

For useful information about Lymphoedema:

Lymphoedema Support Network

Telephone: 020 7351 4480

www.lymphoedema.org

British Lymphology Society

www.thebls.com

Manual Lymphatic Drainage UK

www.mlduk.org.uk

Breast Cancer Care UK

www.breastcancercare.org.uk

Lipoedema UK

www.lipoedema.co.uk

Specialist Suppliers:

Cosyfeet - extra roomy shoes and socks

Telephone: 01458 447275

www.cosyfeet.com

Wider Fit Shoes

Telephone: 01933 311077

www.widerfitshoes.co.uk

The Lymphoedema service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 OJA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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Lymphoedema Service

Provided by Bromley Healthcare