

## 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.

## The Lymphoedema Service aims to:

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

## Your appointment(s)

- 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.

Your next appointment is on:

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## Further instructions

Contact service to book a fitting, if required.

Referral to Slimming World Yes/No

Referral to Mytime Active Yes/No

**Elevation is important sleeping in bed at night and elevating legs when sitting down will relieve swelling in legs.**

## Treatment plan

**Skin care:** avoid perfumed soaps, wash daily and apply suggested emollient.

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**Other recommended products:**

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**Compression hosiery**

Make .....

Class .....

Size .....

Style .....

Wash garments daily or alternate days in non biological detergent and no conditioner. Dry away from direct heat.

**Daily Exercises**

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**Healthy Weight**

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# Lymphoedema Service

Caritas House, Tregony Road  
Orpington BR6 9XA

**0300 330 5777**

[bromh.cccpod2@nhs.net](mailto:bromh.cccpod2@nhs.net)

## For useful information

### Lymphoedema Support Network

Telephone: 020 7351 4480  
[lymphoedema.org](http://lymphoedema.org)

### British Lymphology Society

[thebls.com](http://thebls.com)

### Manual Lymphatic Drainage UK

[mlduk.org.uk](http://mlduk.org.uk)

### Breast Cancer Care UK

[breastcancercare.org.uk](http://breastcancercare.org.uk)

### Lipoedema UK

[lipoedema.co.uk](http://lipoedema.co.uk)

### Exercise Classes - Fresh Start

#### Mytime Activities

Telephone: 020 8290 4000  
[mytimeactive.co.uk](http://mytimeactive.co.uk)

### Age UK:

Telephone: 020 8315 1850  
(Attendance Allowance and One Bromley)

### Cosyfeet - extra roomy shoes and socks

Telephone: 01458 447275  
[cosyfeet.com](http://cosyfeet.com)

### Wider Fit Shoes

Telephone: 01933 311077  
[widerfitshoes.co.uk](http://widerfitshoes.co.uk)

### Patient Choice lymphoedema prescription service

Telephone: 0800 862 0686  
[patientchoice.net](http://patientchoice.net)

**Bromley  
Healthcare**  
better together

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 and its neighbouring boroughs.

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  
1B Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

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Provided by Bromley Healthcare