

Following your discharge from the Lymphoedema Clinic

Your therapist is satisfied your condition is well maintained and as a result you are being discharged from the Lymphoedema Service. Your condition will now be maintained by your General Practitioner and may include district nurse, practice nurse or Social Service input.

It is extremely important to remember that **your condition requires lifelong attention.**

All advice given to you whilst under the care of the Lymphoedema Service at the Royal Cornwall Hospital needs to be adhered to daily.

Here is a reminder of the basics.

Do's:

- Continue daily skincare – wash with cleanser, dry the skin well and apply your recommended moisturising cream.
- Continue to wear your hosiery daily.
- Obtain a repeat prescription for your garments from your GP once yearly or if they are damaged.
- Ensure you are issued with the correct garment.
- Continue to exercise.
- Continue to manage your weight within a healthy eating plan.

Dont's:

- Avoid trauma, injections, sunburn and insect bites to affected area.

What should I look out for?

If you experience any signs of burning, increased pain, increased swelling, skin changes or numbness, please consult your GP as soon as possible.

What about my garments?

- Your GP will be informed of your discharge and will be asked to supply you with hosiery on a yearly basis by prescription.
- A change in limb size will alter the fit of your garment.
- Garments will incur a prescription fee unless exempt.

What if my hosiery doesn't fit?

If your hosiery no longer fits then you need to inform your GP/Practice Nurse who will either review your hosiery or re-refer you to the Lymphoedema clinic for review.

Your current prescription is:

Supplier:

Compression Class

Style

Size

Colour

Any questions?

You can contact the Lymphoedema Service for advice, but if you need to be seen by the service again your GP will need to re-refer you.

Lymphoedema Clinic

Royal Cornwall Hospital

Tel: 01872 252885 or 252601

Email: Lymphoedema.rcht@cornwall.nhs.uk

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690