

Lymphatic bandaging of your leg – short stretch

What is this?

As discussed with your therapist you will be attending the Lymphoedema Clinic for ____ weeks of lymphatic bandaging. You will attend for ____ appointments a week as agreed. The aim of your treatment is to reduce the size of your leg, soften the tissues and improve your skin. Your treatment will be **short stretch lymphatic bandaging**. This will involve bandaging your foot and leg with padding and compression bandages. These bandages will remain in place until your next appointment.

How do I prepare for it?

Please wear loose clothing as your leg will be bigger when bandaged. Please also bring a large shoe with you to your first appointment. If you are unable to wear your own footwear an adjustable shoe may be issued for the leg being treated. On your last appointment please bring a normal shoe to wear home.

The bandages will remain in place between appointments. If you wish to have a shower **before** your appointments please arrive at least 15 minutes early and notify the receptionist when you arrive. You will need to bring your own towel and toiletries. If you do not wish to shower, your leg will be washed as part of your appointment – towels will be provided in clinic.

Will it restrict my activities?

The bandages will restrict the movement in your leg, but it is important to keep as active as possible. We recommend that you do not drive with the bandages in place as it may invalidate your insurance.

What should I look out for?

The bandages should feel firm and may be uncomfortable, but should not cause pain. If the bandages cause:

- pain
- discolouration of your toes
- numbness of your toes
- abnormal coldness of your toes

please change your position and move the limb. If this has not resolved after 10-15 minutes, remove the top layer of compression bandage. If the symptoms still do not resolve, remove all the bandages.

What if I have to remove the bandages?

If the bandages are removed please put your compression hosiery on if appropriate and contact the Lymphoedema Clinic to advise that the bandages have been removed.

What happens at the end of treatment?

At your last appointment you will be fitted with made to measure flat knit compression hosiery. This hosiery should be worn for 23 hours a day (allowing you to wash the leg and apply emollient) for four weeks after treatment to prevent rebound of the oedema. After four weeks, remove the hosiery at night and monitor the limb for increase. If your leg starts to swell please resume wearing the hosiery 23 hours a day and contact the Lymphoedema Clinic.

What happens at the end of treatment?

You will be reviewed at the Lymphoedema clinic eight weeks after your treatment has finished.

Contact us

If you have any questions please contact:

Lymphoedema Clinic

Mon – Fri 8am – 4pm

Tel: 01872 252885 or 252601

Email: rch-tr.lymphoedema@nhs.net

Please let reception know if your call is urgent.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793