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Lymphatic bandaging of your leg – short stretch

What is this?

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. As discussed with your therapist, you will be attending the Lymphoedema Clinic for several weeks and a hosiery fitting appointment as agreed. 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 accommodate the bandage. 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 then you should remove the bandages at home, shower and put your hosiery back on to travel to clinic. Please minimise the time between removing your bandages and attending your appointment. If you do not wish to shower, your leg will be washed as part of your appointment.

Will it restrict my activities?

The bandages will restrict the movement in your leg a little, but it is important to keep as active as possible. If you are in bandages that limit your movements, check your insurance policy or contact your insurance provider before driving. Remember "it is the responsibility of the driver to ensure that he / she is in control of the vehicle at all times and be able to demonstrate that it is so, if stopped by the police" (DVLA 2007).

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 as identified by your therapist during treatment. 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 as soon as possible to advise that the bandages have been removed.

What happens at the end of treatment?

At your last appointment you will be fitted with new 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 approximately 8-10 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 General Office on 01872 252690

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