Lymphatic bandaging of your arm – Short Stretch

What is this?

The aim of your treatment is to reduce the size of your arm and soften the tissues. Your treatment will be **Short Stretch Lymphatic Bandaging**. This will involve bandaging your hand and arm with compression bandages. These bandages will remain in place until your next appointment. As discussed with your therapist, you will be attending the Lymphoedema Clinic for several weeks and a hosiery fitting appointment as agreed.

How do I prepare for it?

Please wear loose clothing as your arm will be bigger when bandaged.

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, you can wash your arm as part of your appointment.

Will it restrict my activities?

The bandages will restrict the movement in your arm 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).

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

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

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 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 a new compression sleeve and, if necessary, a glove. This hosiery should be worn for 23 hours a day (allowing you to wash your arm 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 arm starts to swell, please resume wearing the hosiery 23 hours a day and contact the Lymphoedema Clinic.

You should continue with daily Simple Lymphatic Drainage, as directed by your therapist.

Will I have any follow up?

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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