



Patient Information Sheet

The Lymphoedema Clinic - arms

Introduction

This leaflet will provide general advice on how to help you manage your arm limb(s) following your visit to the Lymphoedema Clinic. If you have any questions after reading this leaflet, please speak to one of the team.

Skin Care

- **Moisturise the arm(s) every day at night** after removing any sleeves or gloves or other compression.
- Apply the cream and moisturise in a downward motion towards your hand.
- **If your skin is dry and flaky**, you must first wash with a soap substitute before moisturising your arm(s), such as a fragrance-free cleanser (sometimes referred to as an emollient cream) and dry the arm(s) daily.

Exercise

- Movement and exercise are key to managing your Lymphoedema.
- Please continue with any exercises provided after your operation which you can continue as part of your long term Lymphoedema management.

Compression`

If you are prescribed compression sleeves to wear, these will be ordered with your consent and will be delivered by Patient Choice, who are an independent prescription home delivery service.

Sleeves should be replaced every 6 months.

If your sleeve(s) is well fitting and you require new sleeve(s), please contact **Patient Choice directly on 01823 246800**

If the sleeve does not fit correctly or is causing issues such as new pain, pins and needles, numbness, slipping down, pinching or creasing or if you require a general review, please contact the **Lymphoedema Clinic on 01782 676688**. If you have been discharged from the clinic, please contact your GP.

Signs of Cellulitis

- Typically, only affects one limb.
- Redness/heat travelling up the limb usually in a block of colour
- Pain.
- High Temperature.
- Nausea/vomiting.
- Hot Sweats.
- Rigors (shaking).
- Loss of appetite.

If in any doubt, please seek an urgent medical review with your GP or walk-in centre if cellulitis is suspected.

Please note: As a nurse led clinic, we are unable to prescribe antibiotics/pain relief.

Further information

Lymphoedema Support Network - www.lymphoedema.org

Patient Choice – 01823 246800

Contact details

Lymphoedema Clinic 01782 676688

UHNS.lymphoedema@nhs.net

or message directly through Patient Knows Best (PKB)