

Patient Information Sheet

The Lymphoedema Clinic – Legs

Introduction

This leaflet will provide general advice on how to help you manage your leg 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 leg(s) every day at night** after removing any socks or tights or other compression.
- Apply the cream and moisturise in a downward motion. Pay particular attention to the areas between the toes.
- **If your skin is dry and flaky**, you must first wash with a soap substitute before moisturising your leg(s), such as a fragrance-free cleanser (sometimes referred to as an emollient cream) and dry the leg(s) daily.

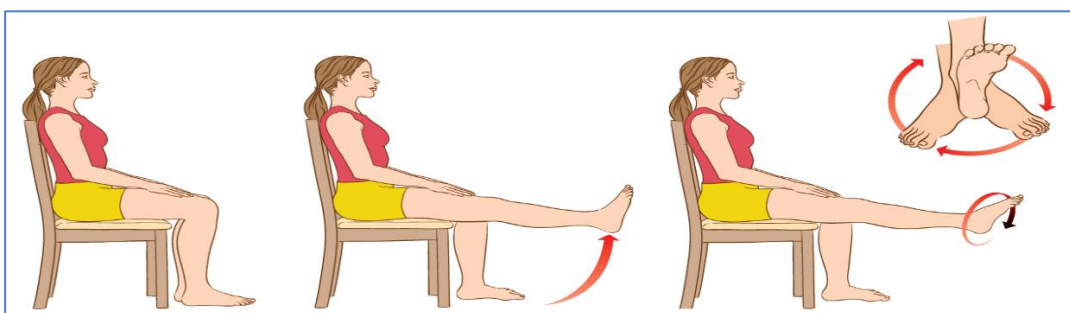
In cases where fungal infection develops, either between the toes or affecting the nail, please see your GP or pharmacist as soon as possible for treatment.

Exercise

- Movement and exercise are key to managing your Lymphoedema.
- **Keep as active as possible.** If you are not used to being active, take a walk little and often either around the home or garden if safe to do so.
- If you are a more active person **add a further 5 to 10 minutes** to your daily normal walking distance.
- **Chair-based exercises.** Follow the instructions as shown in the pictures below:

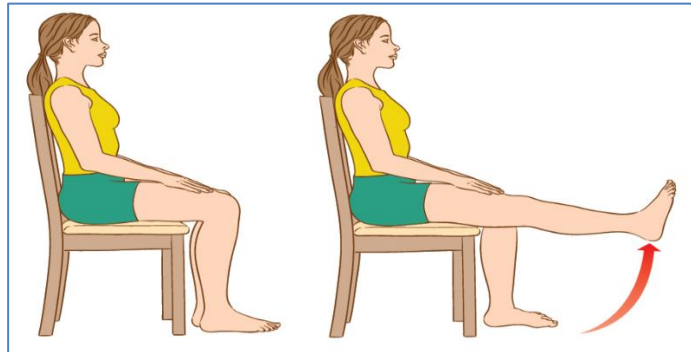
Active ankles.

- Sit in a chair up straight with your feet flat on the ground.
- Raise your leg up and roll ankle/foot in a circular movement x10 on each foot
- With your leg up, point your toes down and then point your toes towards your chest x 10 on each foot.



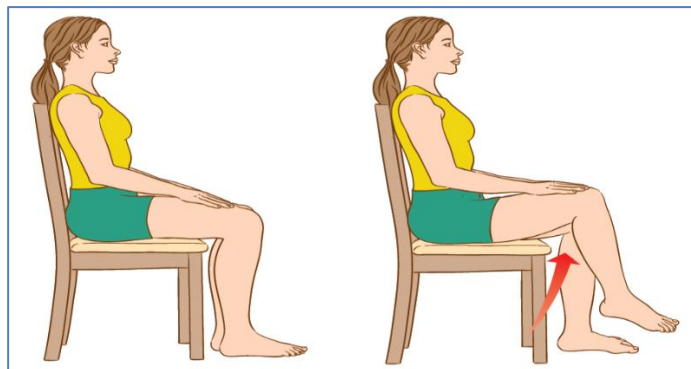
Leg raises

- In a sitting position, straighten out left leg in front of you, straightening the knee. Hold for 3 seconds then return to resting position x 5 and repeat for right leg.



Knee raises

- Keeping the knee bent, lift left thigh off the chair. Hold for 3 seconds and relax x 5. Repeat for right leg.
- To make the exercise harder when knee is straight, lift thigh off chair for 2-3 seconds. Repeat for right leg.



Marching action with legs in sitting position, lift knees up/down as quickly as is comfortable, stamping feet on the floor X 10.

Compression

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

Garments should be replaced every 6 months.

If your compression garments are well fitted, please contact **Patient Choice** directly on **01823 246800**.

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

If you develop any breaks in the skin, wounds or 'wet legs' it is important for you to contact the District Nursing hub or your GP. Any breaks in the skin may lead to infection/cellulitis.

Signs of Cellulitis

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

It is important that “Red Legs” are not confused with **cellulitis**. Usually with “Red Legs” you do not normally suffer with any signs of temperature or generally feeling unwell and therefore antibiotic therapy is ineffective.

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

District nurse hub – 01782 831110

Patient Choice – 01823 246800

Legs matter – www.legsmatter.org

Lymphoedema Support Network - www.lymphoedema.org

Contact details

Lymphoedema Clinic 01782 676688

UHNS.lymphoedema@nhs.net

or message us through Patient Knows Best (PKB)