



Lymphoedema clinic at Mount Vernon Cancer Centre

You have been referred to the nurse-led lymphoedema clinic at Mount Vernon Cancer Centre. This is a rehabilitation service.

What happens at my appointment?

When you attend an appointment always book in at the Cancer Centre reception desk.

Your first appointment will last 1½ hours. You will need to undress so that we can see the affected area during this assessment. You are welcome to bring someone with you if you wish. Most follow-up appointments last for 45 minutes. Treatment appointments (used mainly for bandaging and manual lymphatic drainage [MLD]) last for 1½ hours. Please arrive promptly.

What treatments are offered?

The nurse seeing you will discuss treatment options and plan your treatment with you.

Treatments offered include:

- bandaging
- compression garments
- HIVAMAT®
- laser
- LymphaTouch®
- MLD
- neuro-muscular tape
- pneumatic pump

as well as advice on exercise, skin care and weight loss. The aim of your treatment is to help you manage your condition.

What if I cannot attend my appointment?

You will be sent a text reminder about this rehabilitation appointment and it is important that you make every effort to attend.

However, if you are unable to attend please call the Mount Vernon Contact Centre on 0333 332 5470.

How do I leave feedback?

You will be offered a questionnaire to complete at most appointments. Completion is optional and confidential. Put your completed form in the box on the wall in the corridor outside the treatment rooms.

How can you contact us?

For administrative/appointment issues please call the Mount Vernon Contact Centre on 0333 332 5470.

Please phone 0333 332 5470 if:

- your condition has got worse
- you are struggling with your treatment or
- for any lymphoedema-related advice and a message will be passed to the lymphoedema clinical team who will ring you back.

In an emergency, call your GP or telephone 111 or 999, depending on the severity of your problem.

For urgent medical advice contact the Mount Vernon Cancer Centre 24 hour Acute Oncology Service on 07825 028855.

Glossary of services provided

Handicare laser: A low level laser which combines with infrared light and magnetism to reduce fibrosis, pain, inflammation and soften scars.

HIVAMAT®: A gentle massage treatment delivered using a machine to reduce pain and oedema by working through the skin to a depth of 8cm.

LymphaTouch®: A massage treatment using a machine based on negative pressure to reduce firm tissue, soften scars and reduce oedema.

Lymphoscintigraphy: a procedure that provides images of the lymphatic system to help with accurate diagnosis and treatment where appropriate.

Manual lymphatic drainage (MLD): a gentle method to help stimulate the lymphatic system. You may be required to undress to your undergarments.

Multi layer lymphoedema bandaging (MLLB): an intensive treatment usually over two/ three weeks, requiring you to attend clinic two to three times per week. MLD or FP may be given as well.

Neuro muscular tape (lymphatic tape): this may be applied to the body to assist with either lymphatic flow or to help with release of body tissue to improve movement.

Pneumatic pump (PP): to assist lymphatic drainage of the affected arm or leg. You will need to remove clothes from your affected limb(s) and insert it into sleeve/boot attached to the pump.

Simple lymphatic drainage (SLD): SLD self-massage is a gentle way for you to massage yourself to encourage lymph drainage.

Important:

Due to the high demand on our services, our Trust policy is that you may be discharged if you rearrange your appointments so that we do not see you within six months. The policy also states that if you miss two follow-up or treatment appointments without informing us, you will be discharged from the clinic.