

Lymphoedema Department Patient Information



The Information Standard Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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A Guide to your First Appointment

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(24 hour answer phone)

Welcome to the Lymphoedema Department

You will be seen by Christine Dart, Emma Diaz or Dawn Johnston.

Your first appointment will take approximately 1-1½ hours and will include:

- Medical history
- Medication and allergies
- History of swelling
- Examination of the swollen limb(s)
- Measurement of the swollen limb(s)
- Explanation of your condition

You will then be given advice on how you can manage your swollen limb(s). This may include:

- Skin care
- Exercise/Movement/Elevation
- Hosiery
- Simple lymph drainage

Please bring with you a list of the medicines you currently take and any stockings or hosiery which you may be wearing or have been wearing in the past.

Where to find us

Please check on your letter which hospital your appointment is scheduled. It could be either:

- The Diabetes Centre, 50 Bridport Road, Dorchester, Dorset. DT1 2NQ
- Dorset County Hospital in the Surgical Outpatient Department located in North Wing Entrance 1
- Weymouth Community Hospital in the Surgical Outpatient Department located through the main hospital entrance
- Blandford Community Hospital in the Surgical Outpatient Department located through the main hospital
- In some circumstances you may be seen at home

We look forward to meeting you.

General Advice

Between now and your appointment you can help yourself by:

- Washing and drying your limb(s) thoroughly every day. Those of you with leg swelling should pay attention to your feet, particularly in-between your toes. If you have athlete's foot please begin treatment immediately with an antifungal cream.
- Moisture the limb(s) every night to keep the skin supple and prevent dryness and cracks. Any moisturising cream will do.
- For those of you with arm swelling, you should use the limb normally and protect it from injury when working in the kitchen or garden. You should also avoid letting anyone give you an injection, take your blood or blood pressure on the affected arm.