

The Myton Hospices

Lymphoedema Service

Our Lymphoedema Service is based at Warwick Myton Hospice and serves both Myton and community patients of Coventry, Rugby and South Warwickshire.

Our team is able to provide a service for people with lymphoedema secondary to cancer and/or its treatment, with the aim of reducing and relieving, as much as possible, the symptoms of lymphoedema. We run clinics at Warwick Myton, Coventry Myton. We also offer a home visiting service for those patients who are housebound.

Lymphoedema is a swelling in the tissues which happens when lymph fluid cannot drain away.

Some people develop lymphoedema if they have lymph nodes removed during cancer surgery or have had radiotherapy as part of their treatment. Some people with cancer may also develop lymphoedema because the cancer affects the drainage of the fluid.

The swelling can affect arms, legs, body, face/neck or genitals, and may cause heaviness, pain, tightness, loss of function, dry/hardened skin and make the person more susceptible to episodes of infection (cellulitis).

What to expect if you are referred to the Lymphoedema Clinic

You will be assessed by the lymphoedema practitioner who will examine your area of swelling and gain a history of when your swelling started and how it is affecting you. Based on this assessment the practitioner will teach you the best way to manage your swelling.

The aim of our clinic is to show you how to manage your swelling to a minimum and reduce the risk of possible problems such as infection and discomfort.

The things we teach you may include some or all of the following:

- skin care

- movement / exercise
- simple lymphatic drainage (self massage)
- wearing of a support garment
- kinesiotaping

The elements taught will be based on the severity and position of your swelling and what you are able to do yourself.

After your initial appointment the practitioner will review you either by phone or face to face appointment which will be discussed at the end of your first appointment. You may need several follow up appointments until the clinician is satisfied you are managing the swelling.

The clinician may advise a **short course of MLD** (manual lymphatic drainage). This will be discussed with you if needed. The length and frequency of this treatment will be discussed with you and will run parallel to your self-management techniques that you will most importantly need to continue with at home. The clinician will decide when this course of treatment finishes.

MLD can only be offered as part of a short treatment programme. This will be the decision of the practitioner who has assessed you and will be discussed with you prior to commencing.

Following this short course of MLD day to day management/maintenance will be achieved using your own self-lymphatic massage, garments, exercise and skin care.

We cannot offer MLD as maintenance- should you wish to pursue MLD as part of your day to day management private therapists can be found on MLD UK.