

Information for Patients Discharged from Lymphoedema Key Points



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Scan this QR code to view the Lymphoedema page on the Sirona website.

Guidelines and information

Welcome!

This guide provides information and resources to help you manage your lymphoedema after discharge from the Sirona Care & Health Lymphoedema Service.

Important Information:

- **Name:** [Your Name]
- **NHS Number:** [Your NHS Number]
- **Discharge Date:** [Date]

Discharge Summary:

Following your recent lymphoedema assessment, your discharge from the service was a joint decision made in collaboration with your Lymphoedema Nurse Specialist. This means we believe you have the knowledge and tools to manage your condition effectively at home.

If your condition worsens or circumstances change, please contact your GP.

General Lymphoedema Management:

- **Skin Care:**
 - Wash your affected limb daily and dry thoroughly, especially between toes and fingers.

- Apply moisturizer daily to the affected area.
- Regularly monitor your skin for cuts, scratches, and insect bites.
- Seek immediate medical attention (GP) from any signs of cellulitis (skin infection) for prompt antibiotic treatment.

Seeking Additional Treatment:

- **Exacerbation (worsening) of Lymphedema:** You can be re-referred back to the Sirona Lymphoedema Service if your condition worsens. Please refer to the "Guidelines for Discharged Patients" section for details.
- **Private Lymphatic Drainage:** If you desire regular lymphatic drainage therapy, consider consulting a private Lymphoedema Practitioner. MLD UK Register (www.mlduk.org.uk) is a helpful resource for finding qualified practitioners.

Additional Support and Resources:

- **Lymphoedema Support Network (LSN):** www.lymphoedema.org
- **Bristol and District Lymphoedema Patient Support Group:** bristolanddistrictlymph@gmail.com
- **Lipoedema UK:** www.lipoedema.co.uk

Remember, you're not alone! This guide and the listed resources provide support and information to empower you in managing your lymphoedema.

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet please tell us.



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