

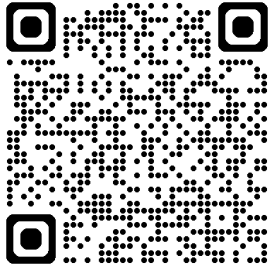
Information for Patients Discharged from Lymphoedema



Guidelines and Information

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

Name

NHS No.....

Date

Guidelines for discharged patients

Following recent assessment of your Lymphoedema, you have now been discharged from the Macmillan Lymphoedema Service for BNSSG.

Your Lymphoedema Nurse Specialist has discussed this with you, and discharge from the Service has been a jointly agreed decision with yourself.

If, after discharge you find your condition worsens or circumstances change, contact your GP.

General advice

Skin care

- Wash skin daily and dry carefully, especially between digits (ie fingers and toes) and skin folds
- Apply moisturiser to your affected limb/ problem area on a daily basis
- Monitor skin on affected areas for cuts, abrasions and insect bites
- Should you note any signs of cellulitis seek GP advice ASAP for Antibiotic treatment.

What if I still want treatment?

Should you have exacerbation of your lymphoedema you can re-refer back to this service as detailed in the 'Guidelines for discharged patients' section of this leaflet.

If you wish to seek regular lymphatic drainage, then you can seek the help of a private Lymphoedema Practitioner.

We appreciate that looking for a private practitioner can be a confusing matter but would recommend researching through MLD UK Register ([Link to MLD website](#)).

Other sources of support and information

- [Lymphoedema Support Network \(LSN\)](#)
www.lymphoedema.org
- [Bristol and District Lymphoedema Patient Support Group](#)
– email them at bristolanddistrictlymph@gmail.com
- [Lipoedema UK](#)
[Link to Limpoedema UK](#)

Individual advice and treatment plan

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.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language. Please contact this service.



You can phone us on 01275 547573 or email us at sirona.lymphoedemateam@nhs.net

Please scan the QR code to listen to an audio version of this statement.

Date of creation: 05/2026 Date for review: 05/2028 URN: 0079

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