

DO I NEED A REFERRAL?

A referral from a Doctor or other health professional is required providing relevant medical and medication information.

Referral can be found at our clinic website

www.hospitalstreetdoctors.com.au

or by emailing

lymph.care@hospitalstreetdoctors.com.au

IS THERE A COST?

There is no charge for visits till June 2023. Private fees may apply thereafter.

The cost of bandages and garments is at the client's expense. Some financial assistance may be available for garments for Victorian clients through the SWEP Lymphoedema Compression Garment Program, or NSW clients through the Enable Program. We can provide you with more information.

If you have private health insurance cover or DVA insurance, please check with your provider as it may be covered in your policy depending on the level of cover.

Lymphoedema Care
Hospital Street Doctors
62 Vermont street
Wodonga 3690.

(Opposite Wodonga Hospital)

Phone :02 60561166

Email:

lymph.care@hospitalstreetdoctors.com.au

Lymphoedema Care





WHAT IS LYMPHOEDEMA?

Lymphoedema occurs when the lymphatic system does not function properly and cause swelling of a part of the body. It usually occurs in the arms and legs but can occur in other areas as well.

Lymphoedema can sometimes become severe and cause serious problems, and often is a long-term or chronic condition. This is why early and careful management is needed to help reduce symptoms and keep it from getting worse

WHAT CAUSES LYMPHOEDEMA?

Primary lymphoedema is quite rare and is caused from an error in lymphatic development.

Secondary lymphedema is caused by injury to a normally developed lymphatic system. Any condition or procedure that damages your lymph nodes or lymph vessels can cause lymphedema.

Causes include: Surgery, radiation removal of or injury to lymph nodes and lymph vessels during gynaecological or prostate cancer surgery may result in lymphedema.

WHAT ARE THE SIGNS AND SYMPTOMS OF LYMPHOEDEMA?

Some early signs of lymphoedema

- Heaviness, tightness or swelling
- Discomfort or pain, burning or itching.

If you experience these symptoms, or you believe that you may be at risk of developing lymphoedema, talk to your Doctor about having an assessment by a Lymphoedema Practitioner.

WHAT CAN THE LYMPHOEDEMA CLINIC OFFER YOU?

- Assessment by a Lymphoedema Therapist and an individual treatment plan.
- Manual Lymphatic Drainage
- Education prior to surgery
- Early intervention strategies
- Lymphoedema risk minimization strategies care, self-massage and exercise.
- Prescription of compression therapy including bandaging, garments and a compression pump if appropriate.
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- Self-management advice regarding skin

CAN LYMPHOEDEMA BE TREATED?

It is not possible to cure lymphoedema however it can be managed by compression therapy, skin care and massage. These treatments reduce the risk of pain, poor mobility and infection.