

## Management of lymphoedema

There is no known cure for lymphoedema but it can be managed. Lymphoedema may develop months or years after treatment.

It is important to find a treatment that suits your lifestyle as lymphoedema needs lifelong management.

Treatment aims to improve the flow of lymph fluid through the affected area to reduce swelling. Early on, treatment may focus on elevation and exercise. Your practitioner may also suggest wearing a compression sleeve or stocking.

## Our services

Services include:

- Lymphoedema assessment with an initial 1:1 consultation
- Patient education on lymphoedema management
- Advice re therapy options
- Tailored treatment programs
- Self-management strategies
- Lymphatic drainage massage
- Compression therapy comprising of multilayer bandaging and/or compression garments.

## How to access our service

You will require a referral from your treating doctor to the clinic.

Services are free, with access to the SA Health Lymphoedema Compression Garment Subsidy Scheme.

# Lymphoedema Clinic

For more information

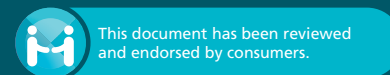
**Physiotherapy Department**

**Level 2 (near Northern Entrance)  
Flinders Medical Centre**

**Phone: 8204 5498**

**Monday to Friday 8am-4pm**

**[www.sahealth.sa.gov.au/SALHN](http://www.sahealth.sa.gov.au/SALHN)**



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## SALHN Lymphoedema Clinic

This outpatient service provides patients in the South with lymphoedema treatment options, as well as access to compression garments.

### What is lymphoedema?

Lymphoedema is a swelling of part of the body, usually a limb. It can occur as a side effect of cancer treatment when lymph nodes have been removed or damaged causing lymph fluid to build up in tissue under the skin.

Approximately 20% of patients treated for breast, melanoma, gynaecological or prostate cancers will develop lymphoedema.



### Symptoms of lymphoedema

Symptoms of lymphoedema include:

- visible swelling
- an aching or tingling feeling
- being unable to fully move the affected limb
- tightness or heaviness in the limb
- pitting of the skin

### Diagnosis of lymphoedema

If you are experiencing symptoms, your doctor will examine the affected area and assess the level of swelling and any thickening or damage to the skin.

If you have a confirmed lymphoedema diagnosis, your doctor may refer you to a lymphoedema practitioner for further treatment and management.