

Lymphoedema clinic

Breast Care Centre
Information for Patients

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Introduction

The Lymphoedema Clinic is held at the Breast Care Centre, Glenfield Hospital. It is a nurse-led service run by the Breast Care Nursing Team. The nurses provide specialised care for patients who have developed mild to moderate lymphoedema of the hand and arm following treatment for breast cancer.

When we have received a referral from your doctor, we will send you an appointment to attend the Lymphoedema Clinic for assessment.

What will I gain by attending the clinic?

The specialist nurses will:

- provide you with a clear explanation of the causes of lymphoedema,
- offer specialist knowledge and advice about lymphoedema treatment,
- advise you about the management of lymphoedema ,
- enable you, with support, to manage your own lymphoedema.

How will my lymphoedema be assessed?

An initial assessment of your lymphoedema will be carried out, including measurement of both your arms. To make this easier, you may wish to wear short-sleeved clothing.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What are the possible treatments for lymphedema?

The treatments for lymphoedema are:

- skin care,
- exercise,
- massage,
- Compression.

You may need a combination of these treatments.

Following assessment of your lymphoedema, a treatment plan will be recommended for you.

You will be given follow-up appointments, so that we can monitor your lymphoedema.

Please note that if we cannot find any evidence of lymphoedema you will be discharged from the clinic.

How do I contact the Breast Care Nurses?

We are available from Monday to Friday, between 9:00 am and 4:00 pm (excluding Bank Holidays).

Our office telephone number is **0116 250 2513** - an answerphone service is available on this number, but messages will only be listened to during our working hours.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk