

About lymphoedema therapy.

What can be done?

Lymphoedema is controllable. You can be treated and easily learn things to do for yourself. In most cases self help and a little therapy can make a dramatic improvement to your condition.

Four common lymphoedema scenarios:

1: I never knew what the cause of my swelling was.

Many people go through life wondering why they are unable to lose weight. They always feel waterlogged and full of fluid. Diet and exercise has never worked like with everybody else.

In many cases this scenario is termed 'Primary lymphoedema'. It is due to an insufficient number of lymphatic vessels relative to a persons size. This causes swelling and oedema.

Just a few visits to the clinic or a couple of phone consultations can often show what needs to be done to put you in control and reduce your swelling.

2: The pre lymphatic feeling.

Sometimes months, and other times years after an accident or surgery there is a heaviness about a limb. It begins to feel heavy, it may get hot or become painful. You have a nagging feeling something is not right.

This is the pre-cursor stage of lymphoedema onset. Treatment can of often be as simple as learning a few self massage techniques, watching what you eat, hire a laser, looking after your skin to prevent bacterial attack and wearing a compression garment.

3: Just need some help stage.

You know you have lymphoedema. It may have been present for a long time, or you may only have recently realised what is causing your swelling.

In either case there is increased or increasing swelling that is definitely getting worse. You can feel it, you know it is gradually affecting your mobility. The swelling upsets your state of mind knowing something is not right.

Treatment may be as little as three clinic visits where you are given massage, laser therapy, sometimes bandaging for a few days and fitted with a correct size compression garment.

In many cases this solves your problem for many yeas and only needs a similar treatment years later to keep everything under control.

4: I know I need help and am so glad to be here.

When your lymphoedema swelling gets hard, the skin becomes discoloured, the affected limb may get hot. Sometimes there is infection and you just know you need do something. But what?

Lymphoedema in the 'I know I need help' stage is normally relatively easy to treat. For effective therapy, you need to set aside 2-3 weeks for in clinic or at home self help therapy. Your swelling can be exponentially and quickly reduced with this method of treatment.

You will have a short time where you feel uncomfortable for you often need bandaging for 2-3 weeks. The result of reduced swelling is worth it.

You can come to the clinic, as little as four visits may be all that is required, or you can perform treatments at home.

Just about everything you need to know is available from Poppy Lane Skin Care & Lymphoedema Clinic. Information is available for home care or in clinic therapy treatment. The choice of action is yours.

In many cases your problem is solved for many years and only needs a similar treatment sometime years in the future to keep everything under control.

Poppy Lane Skin Care & Lymphoedema Clinic
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The clinic provides

- Hands on lymphoedema control therapy
- Self help plans for distance treatment
- Laser therapy :: Laser hire :: Laser sales
- CPT Lymphatic drainage massage
- Anti-Bacterial Skin care products
- Bandaging and bandages
- Supply and fit Compression garments

Please ring me (02) 9723 5402 to discuss how we may help you best. I look forward to your call.

Kindest regards

Juliet George