Compton Care

Empowering and supporting you to live a fulfilling life with lymphoedema.

Compton Lymphoedema Care

Making Everyday Extraordinary
Life with lymphoedema doesn’t have to be limiting. Our specialist lymphoedema team are on hand to empower you to effectively manage your condition and give you the tools and support you need to continue to lead a fulfilling life.

What is Lymphoedema?
Every day our bodies work hard to transport fluid to our cells and tissue providing us with essential nutrients, oxygen and water. However, our bodies can only cope with so much fluid and so any excess is mopped up by our lymphatic system - think of it as our very own drainage system.

Problems can occur when our lymphatic system becomes damaged and can no longer drain fluid. This causes the fluid to build up in the tissues of our body resulting in a swelling - this is called lymphoedema.

Swelling can occur anywhere on the body but is commonly found in a person’s arms or legs. Whilst it is not usually painful the swelling caused by lymphoedema can be uncomfortable and may bring with it side effects such as skin infections, a feeling of heaviness and folds developing in the skin.

Lymphoedema can either be primary or secondary. Primary lymphoedema is usually present from birth (however symptoms may not present until later in life) and occurs as a result of underdevelopment or a genetic abnormality of the lymphatic system. Secondary lymphoedema occurs when there has been damage to an otherwise normal lymphatic system (e.g.) due to surgery, radiotherapy, infection (such as cellulitis), injury, reduced mobility, trauma, obesity, problems with veins not working properly or cancer.

What are the symptoms of lymphoedema?
Spotting the signs of lymphoedema early can help to manage symptoms and control swelling. Symptoms include:

- Aching or discomfort
- Changes in sensation (the limb or area may feel heavy, tight, tingly, full or stiff)
- Changes to the skin (including folds developing in the skin)
- Recurring skin infections
- Swelling - you may have difficulty wearing jewellery or watches or fitting into clothes or shoes
- Thickening or hardening of the skin

There is currently no cure for lymphoedema but the good news is that it can be managed very effectively with early diagnosis using a range of treatments.
Compression garments –
Compression garments are items of clothing that fit firmly around the skin. Garments, such as a sleeve for an arm or a stocking for a leg, put pressure on tissues to stop fluid build-up and encourage fluid to drain.

In some cases there are other treatments which may be beneficial which can reduce the swelling and improve the shape – these will be discussed with you at your appointment.

Your treatment plan is designed to give you the tools and techniques to effectively manage your lymphoedema. You’ll be invited to attend regular appointments at our specialist lymphoedema clinic where we’ll monitor your progress and make any changes to your treatment plans if needed.

How Compton Lymphoedema Care can help you
Our specialist team are on hand to provide you with the care, encouragement and support you need to continue to live an independent and fulfilling life with lymphoedema.

To begin with we’ll carry out an assessment where we’ll seek to determine the cause of your swelling. We’ll then work with you to develop an individually tailored treatment plan. Dependent on your needs treatment can include a combination of:

- Exercise – Light exercises in which you move your affected limb helps to stimulate muscle and encourage lymph fluid drainage
- Skin care – We’ll help you to create a skin care routine to keep it in good condition and reduce the chances of infection
- Compression garments – Compression garments are items of clothing that fit firmly around the skin. Garments, such as a sleeve for an arm or a stocking for a leg, put pressure on tissues to stop fluid build-up and encourage fluid to drain.

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“If it weren’t for the Compton team, I would be lost. I have not only been given a treatment plan to follow, I’ve also been given advice and support which helps me to manage. The nurses are fantastic at easing my worries.”

Jean
How do I access support from Compton Lymphoedema Care?
If you spot any signs or symptoms of lymphoedema please speak to your GP who can make a referral to Compton Lymphoedema Care. We’re also able to accept referrals from any other healthcare professionals involved in your care including hospital consultants, practice nurses, district nurses and specialist nurses.

Referrals can be made via our website www.comptoncare.org.uk/referral-form/

Contact Us
General Enquiries:
0300 323 0250
Appointment Enquiries:
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