

What is Lymphedema?

Lymphedema is an abnormal accumulation of protein-rich fluid in the interstitial tissue that causes swelling in the arms, legs, and/or trunk.

Swelling occurs when venous and/or lymphatic vessels become obstructed and fluid cannot move freely through them.

Certified Lymphedema Therapists at two locations:

The Bon Secours Cancer Institute at St. Francis

Phone: 804-594-4975

Fax: 804-594-4979

St. Mary's Hospital

Phone: 804-281-8216

Fax: 804-285-9137



Lymphedema Management Centers

St. Francis Medical Center St. Mary's Hospital



David Everette



Who Benefits From Lymphedema Treatment?

- People diagnosed with primary or congenital lymphedema who have an abnormal lymphatic system.
- People diagnosed with secondary lymphedema who may have swelling as a result of surgery, treatment of cancers, injury or infections.
- Those with conditions such as venous insufficiencies, deep venous thrombosis/ phlebitis, and obesity that could lead to chronic wound issues requiring interventions.

Signs and Symptoms

- Feeling of heaviness in the affected limb
- Swelling
- Skin Changes
- Repeated infections i.e. cellulitis
- Difficulty wearing clothing, shoes, or jewelry



Norton School of Lymphatic Therapy



David Everette

Treatment for Lymphedema

Bon Secours St. Francis Medical Center and St. Mary's Hospital, in partnership with Sheltering Arms, offer an **individualized** Lymphedema Management Program of Complete Decongestive Therapy (CDT).

CDT combines manual lymph drainage (MLD), skin care, lymphedema specific exercises, kinesiotaping, bandaging/compression garments, patient education and self-care instruction. There are two phases for our treatment approach:

Phase One:

In phase one of treatment, patients participate in daily interventions for 2-4 weeks, based on individual needs and medical history. In phase one, consistent compression is required for maximal therapeutic benefits.

Phase Two:

In phase two, patients independently or with family support apply strategies learned in phase one with follow-up as needed.

The Goals of Complete Decongestive Therapy are:

- Utilize remaining lymph vessels and other lymphatic pathways to reduce edema
- Decongest swollen body parts
- Eliminate fibrotic (scar) tissue
- Avoid the reaccumulation of lymph fluid
- Prevent/eliminate infections
- Maintain normal or near normal size of limb
- Increase range of motion and improve function
- Promote wound healing

In preparation for discharge, other treatment considerations include:

- Custom and/or ready made gradient compression garments
- Use of sequential vasopneumatic compression devices
- Night time devices such as Farrow Wrap™, Tribute™, JoviPak®, CircAid®, Reid Sleeve®, which are foam and adjustable compression alternatives



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