

### Cost – Ramsay Health Plus

If you are not covered under hospital cover you can access this service through Ramsay Health Plus and use your extras cover.

### Referrals – Ramsay Health Plus

- Claimable through extras cover
- No referral is required, although you may like to discuss with your local doctor, prior to commencing
- While a referral is not necessary we do accept referrals made by surgeons, specialist or general medical practitioners
- If eligible for a Medicare Chronic Disease Management plan a referral will be required from your GP



#### Ramsay Health Plus Tunstall Square

Shop 54 Tunstall Square  
Doncaster East VIC 3109  
P: 03 9916 2402

#### Ramsay Health Plus Martin Street

Level 5, Suite 1, 10 Martin Street,  
Heldelderg VIC 3084  
P: 03 9458 9712  
E: [rhp.drh@ramsayhealth.com.au](mailto:rhp.drh@ramsayhealth.com.au)



### Donvale Rehabilitation Hospital

Part of Ramsay Health Care

1119 Doncaster Road  
Donvale VIC 3111  
Ph: 03 9841 1400

[donvalerehabilitationhospital.com.au](http://donvalerehabilitationhospital.com.au)

People caring for people.

# Lymphoedema & Chronic Oedema Management

## Assessment and Treatment Service



A program to help assess and treat lymphoedema & chronic oedema with a focus on long term self management.



**Ramsay**  
Health Care

## What is Lymphoedema?

Lymphoedema is the accumulation of excessive amounts of protein-rich fluid resulting in swelling of one or more regions of the body. It usually affects the limb(s) although it may also involve the torso, breast, head and neck or genital area.

Lymphoedema can occur as a result of:

- Poorly formed lymphatic tissue
- Cancer treatment including;
  - Surgery involving removal of lymph nodes
  - Radiation therapy to lymph nodes
- Trauma or burns that affect lymphatic vessels
- Filariasis (an infectious tropical disease)
- Cellulitis (bacterial skin infection)

## Common Symptoms

- Persistent swelling in an arm or leg/s, breast, chest, torso, abdomen, face, neck or genitals
- A feeling of heaviness or tightness
- Restricted movement
- Aching or discomfort
- Recurring skin infections, hardening, thickening or pitting of the skin

## Who is the service for?

If you have been diagnosed with or experiencing:

- Primary lymphoedema
- Cancer-related lymphoedema
- Lipoedema
- Vascular-related oedema
- Obesity-related lymphoedema
- Persistent swelling after surgery or trauma

## Your care program

A comprehensive program designed to reduce the symptoms of lymphoedema / chronic oedema and provide you with ongoing education and skills to help achieve effective self management.

At the commencement of your program you will receive a comprehensive lymphoedema assessment. We incorporate SOZO bioimpedance for surveillance and early detection of fluid and tissue changes.

Depending on your individual goals and requirements, you may undertake either a lymphoedema maintenance and monitoring program or a complete decongestive therapy program for an agreed period of time.

## The Lymphoedema Team

Your rehabilitation program is managed by a qualified Lymphoedema Therapist, as well as a team of health professionals, which may include:

- Rehabilitation Physician
- Physiotherapist
- Occupational Therapist
- Rehabilitation Nurse
- Dietician
- Psychologist
- Exercise Physiologist
- Wound care specialist as required

## Program Structure

The frequency and structure of therapy required is dependent on your individual needs. Therapy can be a combination of individual treatment, education and allied health intervention.

## Cost – Day Rehabilitation

We have agreements with most health funds and Department of Veterans' Affairs, which ensure your out-of-pocket expenses are kept to a minimum.

Participants will be notified of any costs prior to commencing therapy.

## Referrals – Day Rehabilitation

Referrals may be made by surgeons, specialists or general medical practitioners. Surgeon's referrals may also be received directly from hospitals after an inpatient stay.

Day Rehab referrals should be addressed to:

**Mail:**     **Rehabilitation Physician**  
Donvale Rehabilitation Hospital  
1119 Doncaster Road  
Donvale VIC 3111

**Fax:**       03 9841 1405

**Email:**     outpatient.drh@ramsayhealth.com.au

Please call the Program Coordinator on  
**03 9841 1490** for further information.