

## Do I need a referral?

A referral from your GP or specialist is beneficial but not essential. It is helpful to bring a list of your medical history and current medications.

We accept Insurance claims, DVA and Enhanced Primary Care plans.

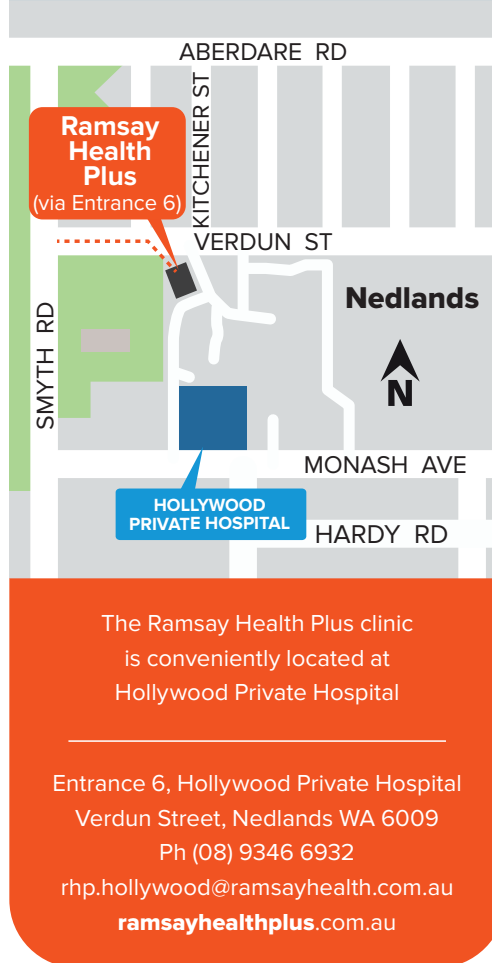
## Clinic Hours

Our allied health therapists are available:

Monday-Friday 8am-4pm

Appointments can be made by contacting us on 08 9346 6932.

Should you have any questions about our Lymphoedema Clinic, please contact our friendly reception staff.



The Ramsay Health Plus clinic is conveniently located at Hollywood Private Hospital

Entrance 6, Hollywood Private Hospital  
Verdun Street, Nedlands WA 6009  
Ph (08) 9346 6932  
[rhp.hollywood@ramsayhealth.com.au](mailto:rhp.hollywood@ramsayhealth.com.au)  
[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)

### Location

Ramsay Health Plus is located behind the main complex of Hollywood Private Hospital. Car access is via Entrance 6 off Verdun Street.

Paid Parking is available onsite.



# Lymphoedema Clinic



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



## 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
- 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 the torso, genitals, face, neck or a limb
- A feeling of heaviness or tightness
- Restricted movement
- Aching or discomfort
- Recurring skin infections
- hardening, thickening or pitting of the skin

## Living your Best Life

As a specialised lymphoedema therapy provider, Ramsay Health Plus Hollywood prides itself on providing high quality patient centred service. With the expertise and experience of our multi-disciplinary allied health professionals, we work with you to attain your maximum health and independence.

## Who is the Lymphoedema Clinic 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 Lymphoedema Care program

Ramsay Health Plus offers a comprehensive program designed to reduce the symptoms of lymphoedema 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.

Your program may include the following:

- Skin care advice to prevent damage or infection
- Lymphatic massage to manually drain lymph fluid
- Low level laser therapy
- Compression pump therapy
- Bandaging using graduated pressure to ensure reduction of limb size and volume
- Exercise prescription to assist with the flow of lymph and to improve general strength and fitness
- Prescription and fitting of a compression garment
- Occupational therapy to assist with activities of daily living, relaxation and energy conservation and advice on coping skills and stress management
- Dietetics for education and advice regarding nutrition and weight management

## Your Lymphoedema Care team



Your rehabilitation care will be managed by an accredited ALA Lymphoedema Therapist.

Depending on your needs, your care team may include:

- Lymphoedema physiotherapy
- Lymphoedema occupational therapy
- Exercise physiology
- Dietetics
- Hydrotherapy