

**Hospice Isle of Man**

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Hospice Isle of Man is the operating name of the Isle of Man charity  
Hospice Care, registered number 317



Hospice Iom



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*Gift of Care*  
**£75**



**Hospice**  
ISLE OF MAN  
*care for our community*

**Lymphoedema Treatment**

*Thank you for your generosity*

**Lymphoedema Treatment.** Lymphoedema is a life-long chronic condition. Treatment enables patients to return to independent productive lives. Patient's treatments are given in the lymphoedema clinic, hospital or in their own home.

**Skin Care** – To prevent injury and infection.

**Advice on Positioning and Moving the Limb** – To help to drain fluid.

**Exercise and Keeping Active** – Advice regarding the importance of exercise to improve the flow of fluid from the limb.

**Compression of the Limb** – Using compression garments such as sleeves or stockings. Not all of these are available on prescription and Hospice will fund them if required.

**Specialised Massage** – Called manual lymphatic drainage (MLD), self massage called simple lymphatic drainage (SLD) or an External Pneumatic Compression (EPC) to help shift fluid that has built up.

**Intensive Treatment** – This treatment will involve a combination of the above. Patients will need approx 9 x 1.5hrs clinic appointments, over a three week period. This treatment will include multi layer lymphoedema bandaging (MLLB) to help drain fluid and re-shape the patient's swollen limb.

**Lymphoedema Taping (Kinesio Taping)** – This is a stretchy tape applied to the skin to lift the top layer of the skin, which allows fluid to flow easily.

**Palliative Care** – Treatment is given to relieve symptoms caused by swelling to the limb.

**£75**

SAMPLE

**Hospice provides compassionate care for all those with life limiting illnesses at no cost to patients or their families on the Isle of Man.**

**You have helped us provide a Lymphoedema Treatment session for a patient referred to the department at Hospice Isle of Man. Thank you.**