



**medi**

## I have a swollen leg – what happens now?

A self care leaflet for patients

medi. I feel better.

# Swelling in the lower limbs

Swelling can develop when the lymphatic system doesn't work properly. It is also known as lymphoedema, which is a long term condition.

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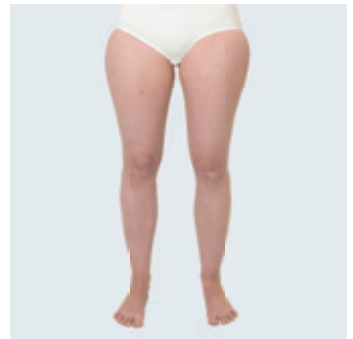
The lymphatic system helps to manage the body's fluid balance so when it doesn't work well, lymph fluid can build up in the limbs (mainly in the leg).



Lymphatic system

## Primary lymphoedema

Some people are born with a problem in the development of their lymphatic system. They can go on to develop a swelling – some from a very early age.



Stage 1 (early stage)

## Secondary lymphoedema

Lymphoedema can also present when damage occurs to the lymphatic system by another cause, such as an injury or infection in the limb or following an operation.

There is no cure for lymphoedema, however with effective management, symptoms can be well controlled, and help reduce the impact they may have on your day to day activities.



Stage 2 lymphoedema

# Treatment for Lymphoedema

A successful therapy consists of different steps.

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You will receive an assessment by a Health Care Professional, they will be able to guide you towards the best method of treatment.

There are four main focus areas in the treatment of lymphoedema. When used together they can be referred to as CDT (complete decongestive therapy).

## This consists of:

- Compression
- Skin care
- Exercise
- Specialised massage techniques (MLD)

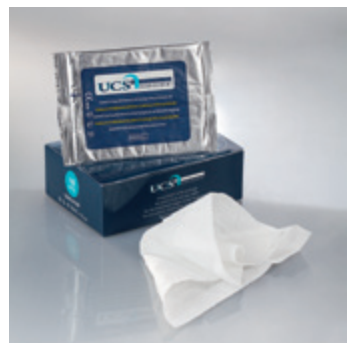
Compression plays an important part in the treatment of lymphoedema.

Correctly fitting compression helps the excess fluid collecting in the limb to be taken away from the leg and drain away naturally.

Compression is used in both the Decongestion (reduction) phase and Maintenance phase of CDT. Firstly to reduce the volume of fluid and reshape the affected limb during decongestion. Thereafter compression will be used to ensure the swelling does not return.

## medi tip

Lymphoedema can cause changes to the skin, it can often become dry and scaly and may become quite firm, therefore skin care is an important part of daily care in lymphoedema. UCS debridement cloths offer a simple yet effective way to look after your skin.



UCS debridement cloth – help to improve dry skin conditions.

There are many types of compression available – your health care professional will prescribe the compression system that is best suited to your lifestyle. Here are some medi solutions.



Juxtafit makes it easier for you to be able to look after your leg.



If your swelling goes into your thigh you may need to wear a full length juxtafit to improve the shape and size of your full leg

Juxtafit can be used to reduce your limb volume. It can also be used to keep your limb in a reduced size. Juxta is a velcro wrap device that is easy to adjust to your comfort and benefit to your leg condition

### medi benefits for you

- the correct compression level required to help reduce your swelling
- easy to apply and remove, allowing you to bathe or shower daily and perform your daily skin care regime
- the low profile of the juxta enables your usual clothes to be worn
- it can be machine washed
- it lasts for 12 months of continual therapeutic treatment
- lightweight and made of breathable material so you don't feel hot in it
- comfortable to wear
- no more need for bulky bandages

# After your leg has reduced in size

**Compression therapy needs to be continued to prevent the swelling from returning.**

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This is the required continual treatment to support your lymphatic system and prevent the swelling returning. This can be achieved with mediven medical compression stockings.



## **mediven mondi®**

The mediven mondi scores with its particularly soft and fine knit fabric. The light material offers high wearing comfort. Special accessories, such as the incorporation of silver segments, provide extra skin protection.



## **mediven® cosy**

The mediven cosy with its medium wall stability is particularly elastic and comfortable and ideally suited for use with lipoedema conditions. Due to its high longitudinal elasticity, its soft and gentle material, it ensures high wearing comfort, easy donning and great freedom of movement.



## **mediven® 550 leg**

The mediven 550 is our flat knit material with the highest wall stability. The firm and strong knit fabric offers a high working pressure and a reliable hold. It is therefore suitable for chronic lymphoedema.

## **medi tips**

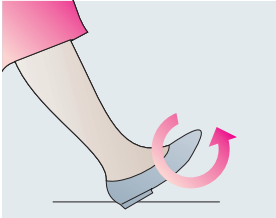
- your mediven medical compression garments are available on prescription – and will need re-issuing every 6 months.
- wash compression garments at least every other day to maintain effectiveness
- garments can be machine washed (do not use fabric conditioner)

# What else can I do to help my leg?

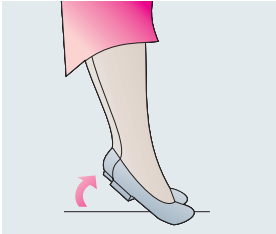
## Top tips.

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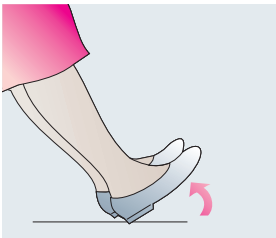
1. Movement and exercise is important to help your blood flow and lymphatic system. You can do the following exercises effortlessly while sitting, with your compression on



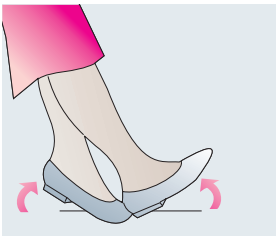
1. Rolling your feet (right, left, in opposite directions)



2. Tiptoe exercise – with both feet on tiptoe at the same time



3. Pulling your toes upwards



4. Rocking your feet from heel to toe alternately

2. Put your legs up on a footstool when sitting to help prevent oedema forming. It is important to mix exercise / movement with rest.

3. Look after your skin – wash and moisturise daily in order to improve the skin condition. medi offers a wide range of skin care products that are well suited to compression treatment.



4. Eat a healthy balanced diet – as being too heavy is not good for your Health.

5. Wear your compression every day, especially when exercising / walking / moving.

6. If you have a juxta garment, readjust through the day.



7. If you find it difficult to apply compression hosiery, medi has different aids available to support you. Just ask for a medi Butler.



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