

Information Sheet: Lymphoedema Service

BRHS now has a lymphoedema service available to provide support and treatment to people who are at risk of developing, or who have, lymphoedema.

What is lymphoedema?

Lymphoedema is a swelling of a body part caused by a build up of lymphatic fluid in the tissues in the body and usually occurs in the arms and legs.

What can lymphoedema therapists do?

- ❖ Provide information on preventing lymphoedema
- ❖ Advice on skin care
- ❖ Advice about exercise
- ❖ Techniques to reduce/manage swelling including:
 - Lymphatic massage
 - Bandaging
 - Compression garments
 - Exercise

How can I access the service?

To access our lymphoedema service, you will need a referral from your doctor.

For further information about the service, you can contact us on **03 5150 3388**.

We welcome feedback at:

Bairnsdale Regional Health Service PO Box 474 Bairnsdale VIC 3875
P (03) 5150 3333 F (03) 5152 6784 E email@brhs.com.au www.brhs.com.au

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing. **Issue date:** October 2014 **Our Ref:** A40002

Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.