

TIPS BEFORE YOU ATTEND YOUR FIRST APPOINTMENT

We have received a referral for you to come to the Lymphoedema Clinic for an assessment.

This information sheet is to help you prepare for your first appointment. People living with lymphoedema or lipoedema have helped us write it, based on what they would have found useful at their first visit.

Please do contact us if you have any other questions or worries before your appointment.

What to expect

- The letter sent to your clinician might not have many details in it. They will ask you about the 'story' of your swelling, about your general health, what medications you take and your lifestyle (work, hobbies etc.)
- You may need to undress to your underwear, this will allow the health care professional to look at your swelling, as well as the area around it.
- The health care practitioner will want to examine you by feeling the swelling to assess what the tissues of your skin are like. This should not be painful but if you are sore, they will stop.
- Weight management is an important part of managing both lymphoedema and lipoedema. As part of your assessment, the clinician may weigh you. This gives them and you a baseline (starting point) to work from.
- The clinician may measure the area of swelling. Measurements will be taken of both limbs/both sides if they are swollen or not. This allows a comparison of what is the usual size of the area. These measurements provide a starting point to check how your swelling changes over time and how well your limb(s) respond to treatment.

This information will give your clinician an idea of what is causing your swelling. This will allow them to arrange an effective treatment plan with you.

What to bring

- You may find it useful to bring someone with you to the appointment to take notes. It will help you to remember any information you are given and may also give you confidence in telling your story.
- It may be worth making a note of when you first spotted any symptoms etc. and bringing it with you. This will help your clinician to understand your story.
- Please bring your prescription list – this will help you remember the medication you take and help the clinician to make sure they have an accurate, and up to date list.
- Your clinician will be happy to answer any questions you may have. It can help to write down three or four questions before you come to make sure you remember to ask them. We have included a sheet of frequently asked questions with this letter which you may find helpful.

If you have any other questions, please contact the clinic using the details in your appointment letter, and they will try to help you.

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