

COMPRESSION OPTIONS



SWELLING SOLUTIONS

Facilitating Change for Those With Conditions of Swelling

YOUR GUIDE TO LYMPHEDEMA
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INTENSIVE PHASE VS MAINTENANCE PHASE OF SWELLING

Intensive treatment involves the use of specialized compression aids with the goals of reducing swelling and limb size. Intense means strong, powerful or forceful.

Maintenance implies a status quo or steady state. It means upkeep, care, conservation or preservation. When applied to swelling, no increases or decreases in limb size are occurring.

During the intensive phase, compression is altered from the usual maintenance garment, designed to force fluid out of the tissues and can last as long as 3-4 weeks depending on the situation.

Maintenance garments are usually arm sleeves or leg stockings. Some require a Velcro garment for ease of application.

Intensive treatment may be required:

- ◆ When beginning treatment for swelling
- ◆ When swelling becomes unmanageable after a period of maintenance
- ◆ After a bout with cellulitis that has caused increased swelling

Intensive phase may also be done prior to ordering a new compression garment to see if there is any extra fluid that may be removed. I personally recommend doing this

once a year if possible. Specifically in the fall after a hot summer that may have caused some fluid accumulation.

Highlights

- **INTENSE MEANS STRONG, POWERFUL OR FORCEFUL**
- **MAINTENANCE MEANS UPKEEP, CARE, CONSERVATION AND PRESERVATION**
- **AN INTENSIVE PHASE IN FALL BEFORE ORDERING A NEW GARMENT MAY HELP REDUCE SUMMER ACCUMULATIONS**

COMPRESSION DURING THE INTENSIVE PHASE



SHORT STRETCH BANDAGING

Can be used for intensive phase of treatment or self-management.

Worn 24hrs. Taken off in am for hygiene care.

Bulky, heavy, time consuming and may need readjusted several times per day

LEAST EXPENSIVE OPTION

Arm approx. \$60.00 +tax

Full leg approx. \$ 80.00 +tax



Bandages can be washed in a garment bag in the laundry and laid flat to dry. Do not use fabric softener or put in the dryer.

Last for about a month of daily bandaging.

COMPRESSION OPTIONS



COBAN 2

- ◆ A Two layer system that is put on by a lymphedema therapist.
- ◆ Left on for 2-5 days and reapplied
- ◆ Less bulky
- ◆ Better mobility
- ◆ Foot wear more easily applied

MOST EXPENSIVE OPTION

Arm \$36.00+tx each change

Full leg \$ 70.00 each change

Half leg \$36.00 each change

Some insurance companies will cover cost of bandaging, Check with provider.

Typically you would come in and have a treatment with your lymphedema therapist and then have the Coban 2 bandages applied. In 2-5

days you would return and have the bandages re-applied.

Note: In Waterloo-Wellington area, the LIHN nurses will wrap lower leg if you also have a wound A physician referral is needed and you will be required to go for arterial testing to verify circulation status.



VELCRO GARMENTS

- ◆ Cut to fit your limb by your lymphedema therapist
- ◆ Easy for self or caregiver to apply
- ◆ Easily adjust throughout the day
- ◆ Medium range cost
- ◆ Durable
- Bulky
- Washable

Available wraps approximate pricing for legs. \$400-\$1500.00

INTENSIVE PHASE

Jobst Farrow wrap
Circaid reduction kit

Prices will vary depending on needs (ie: full leg or half leg). Arm products are in the \$300-\$450.00 range



MAINTENANCE PHASE COMPRESSION

LEGS



- ◆ Thigh high
- ◆ Knee high
- ◆ Open or closed toe
- ◆ Variety of colours
- ◆ Off the shelf
- ◆ Custom

- ◆ Silicone band
- ◆ Zipper
- ◆ Darts
- ◆ Capri style
- ◆ Full panty hose
- ◆ Shorts

Costs vary depending on customization. Over the counter products are less expensive than custom garments



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MAINTENANCE COMPRESSION OPTIONS– ARMS



SLEEVE



GAUNTLET



GLOVE

- ◆ Variety of styles and colours
- ◆ Off the shelf
- ◆ Custom
- ◆ Silicone bands
- ◆ Pockets for padding
- ◆ Zippers

Costs vary depending on customization. Over the counter products are less expensive than custom

OTHER OPTIONS



BRA



VEST



CAMISOLE



ABDOMEN



BIKER SHORTS

VELCRO GARMENTS



Available wraps approximate pricing for arms and legs. \$300.00-\$1500.00

MAINTENANCE

Ready Wrap
Circaid Juxta
products



NIGHT GARMENTS



Swelling Solutions



Facilitating Change For Those With Conditions of Swelling

OUR STORY

Began with a vision to fill a gap that existed in the healthcare field regarding lymphedema and chronic conditions of swelling. There are more people in our community and surrounding area with chronic conditions of swelling than is known and at that time, there were no actual treatment facilities that cared for all conditions of swelling.

In addition to the specialized treatment of swelling, the clinic also offers Swedish Massage Therapy, Reiki, Reflexology and Cranio-Sacral therapy. Thus, allowing the

clinic to offer a holistic approach to its client base.

Today we see clients from all over South Western Ontario. Our goal is to empower our clients through treatment and education so that timely independence may be achieved and they can get on with their lives!

We now offer

Online education for people with chronic swelling and lymphedema

Assessment & Surveillance program for breast cancer patients

Swelling Solutions

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We're on the Web!! Check out our blog!
www.lymphkr.com