


LYMPHOEDEMA SERVICES



Lymphoedema is an accumulation of protein-rich fluid in the body tissue causing swelling.

Lymphoedema management focuses on improving the flow of lymph fluid through the affected area. This will help to reduce swelling and improve the health of the swollen tissue, lowering the risk of infection and making movement easier. We offer lymphoedema services at the Cabrini Cancer Exercise and Wellness Centre, Malvern. This includes services for primary lymphoedema (non-cancer) patients and secondary lymphoedema (cancer) patients. Our specialised lymphoedema physiotherapists provide screening, monitoring, early intervention, complex management and advice for those with, or at risk of lymphoedema due to cancer or its treatment. They are experts in treating lymphoedema of the upper and lower limbs, torso, head and neck.

SCREENING AND EARLY INTERVENTION PROGRAM

- Screening of patients who have undergone breast cancer surgery with axilla or inguinal node dissection (women or men)
- Pre-surgery screening at Brighton (in theatre) and Malvern is provided at no cost
- Post-operative (four to six weeks) follow up visit with physio (once drain tubes are out)
- Ongoing screening every three months for first year following surgery, then six monthly from second year as required

CORDING/SHOULDER STIFFNESS

Following breast surgery, this commonly occurs one to two weeks following surgery. Treatment for axillary cording may be referred independently of the early intervention program. Treatment involves massage and exercise.

For fees associated with lymphoedema services, including standard and extended consultations, please contact our Access team on (03) 9508 1700.

LYMPHOEDEMA TREATMENT

Treatment is available for both cancer and non-cancer patients. It may be beneficial for patients who have had cellulitis.

Treatment may include skin care, manual lymphatic drainage, intermittent pneumatic compression, prescription of compression garments and exercise.

Most health funds offer a rebate for lymphoedema treatment under ancillary cover for physiotherapy services. For BUPA members, lymphoedema treatment is fully covered. For AHRG health fund members, treatment is heavily subsidised.

Please note, a doctor's referral to Cabrini Cancer Exercise and Wellness Centre is required to commence treatment. The referral can be emailed to access@cabrini.com.au

LYMPHOEDEMA TREATMENT – HOME VISIT

A physiotherapist can also visit you at home to provide lymphoedema treatment.

Cabrini Cancer Exercise and Wellness Centre
Ground floor,
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