

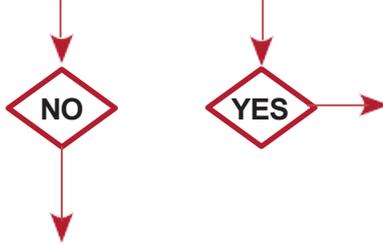
Patient has chronic oedema and lymphorrhoea

Does the limb have clinical signs of cellulitis?

- Unilateral, rapid onset red/spreading erythema
- Hot/painful oedematous skin
- Blisters
- Patient systemically unwell (flu-like symptoms)



Follow me for a video!



Refer patient to GP or the local non-medical prescriber following local Antimicrobial Guidance
Wash and dry leg. Moisturise with emollient and if pain allows apply:
Level One Support without Compression.
Once cellulitis resolves follow pathway for no cellulitis

1. Refer to local Lymphoedema Service if available
2. Has the patient had a recent NT-pro-BNP blood test to exclude heart failure if they have bilateral oedema?
3. Clinically decide which Level of the *Chronic Oedema Wet Leg Pathway*[©] to commence.

Level One: Support Without Compression- (comfort)

- An ABPI/TBPI is not required.
- Wash and dry leg using appropriate method, cleanse wound/remove exudate if needed.
- Moisturise with emollient.
- Apply wound dressings/absorbent pads as per local formulary.
- Apply layer of tubular stockinet (blue/yellow/beige line based on size of limb).
- Starting at the base of the toes to just below knee apply synthetic undercast padding (minimum 3), ensuring a cylindrical shape and bony prominences are protected.
- Cover with another layer of tubular stockinet (blue/yellow/beige line).
- If toes are oedematous apply toe bandages using the Lymphoedema/Chronic Oedema Toe Bandaging Care Plan. Or consider using toe caps.
- **Reassess after each bandage change and consider Level Two or Three ASAP.**

Level Two: Therapeutic Low Compression

Follow above instructions omit second stockinette layer and then...

- Apply one layer of short stretch inelastic bandage/cohesive bandage (i.e. Actico 8cm/10cm width) At full stretch in a spiral application, starting at the base of the toes to below knee, using a 50% overlap.
- **Reassess after each bandage change and consider Level Three or apply compression garments.**

Level Three: Therapeutic Medium Compression

- Ensure an arterial assessment is completed.

Follow instructions for Level Two and then...

- Apply a second layer of short stretch inelastic bandage/cohesive bandage (i.e. Actico 8cm + 10cm width at full stretch in an opposite spiral application from the base of the toes to just below the knee with a 50% overlap up to the knee.

Level Four: Therapeutic High Compression

If the patient's oedema or lymphorrhoea is not improving, then collaborate with the local lymphoedema service to increase the layers of short stretch inelastic bandage or a cohesive bandage. The service can also support and advise on compression for oedema in knees and thighs.

The main aim is to reduce oedema, heal wounds and stop lymphorrhoea. Once this has been achieved compression garments should be worn daily.

If the chronic oedema and lymphorrhoea is not improving, could it be heart failure?