



St Margaret's
Hospice Care

Lymphoedema Service

Lymphassistent: Intermittent Pneumatic Compression



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The “Lymphassistent” is a multi-chamber intermittent pneumatic compression system. The system is made up of a pump and multi-chamber leg and arm garments. The pump supplies air to fill the chambers of the arm and leg garments, allowing the garments to gently massage the limb.

The pump has three inflation modes: you will have the “Lymphassistent” mode, which is used to move lymph away from lymphatics that are not working well. The gentle massage of the limb moves the skin in the direction of the lymph flow and stimulates the lymphatic vessels, which carry proteins and waste products.

You will be offered a course of treatment as recommended by your lymphoedema nurse. The number of treatments you are offered may vary according to your condition. You will be asked to fill in a questionnaire before and after your course of treatment so that we know whether it has helped you.

What will happen during Lymphassistent treatment?

- When you arrive for your treatment, you will be asked to remove your compression sleeve or stocking. If you need help to do this, one of our staff will help you. It is advisable to wear loose clothing that is easy to remove
- You will be asked to lie on a couch or sit in a chair, in a comfortable position
- A cotton liner will be fitted over the limb that is going to be treated with the Lymphassistent
- A multi-chambered garment of the correct size will be placed on your limb and zipped up. The garment will be attached to the pump. The nurse will set the machine to the correct settings for your limb and start the machine
- The garment will inflate from the ankle to the top of the limb and then deflate. Then the inflation will start at the top of the limb and work its way down to the foot or hand. It will repeat this several times. This will encourage the flow of lymph away from the top of the leg or arm
- The treatment takes approximately 35 minutes, so you might like to bring a book or magazine with you
- You must not stand up or walk around when attached to the Lymphassistent. If you need to get up, please inform your nurse, who will stop the machine

- The treatment should be comfortable and relaxing. If you experience any discomfort, pins and needles or numbness, please inform the nurse
- When treatment is finished, the machine will bleep and the garment will deflate. The nurse will remove the garment from your limb
- You may be taught to apply and remove the garment yourself and to start the machine. The machine will already be on the correct settings for your limb
- You can then put on your compression sleeve or stocking, with help from the nurse if needed
- If you have an infection/cellulitis or any wound on your limb, please telephone the clinic to cancel your appointment. We will make another appointment when you are better
- Please remember - if you have any problems or questions about your Lymphassist treatment - don't forget to contact your Lymphoedema therapist/nurse

Notes/Special instructions

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St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via info@st-margarets-hospice.org.uk

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

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