Livewell Southwest

# Lymphoedema / Lipoedema



## Lymphoedema / Lipoedema Patient Initiated Follow-Up Appointments (PIFU)


**Contact**
**Lymphoedema/Lipoedema Services**
Southway Clinic,
Inchkeith Road,
Southway,
Plymouth,
PL6 6EJ
**Tel:** 01752 435678
**Email:** livewell.lymphoedemaservice@nhs.net

## What is Patient Initiated Follow-Up (PIFU)?

Patient-initiated follow-up (PIFU) puts you, the patient, in control of your appointments with the Lymphoedema/Lipoedema Service. PIFU can help you manage your own care, supporting you to have greater control over your follow up care by enabling you to initiate contact when you feel you need to be seen.

## Why have I been given this leaflet?

Now that your episode of care has stabilised, and no active treatment is required we are placing you on the **PIFU Follow up**. You will be given education and information about self-care and a personalised care and support plan will be developed with you by our Lymphoedema/Lipoedema Specialist Nurses. Therefore, we have placed you on our "PIFU" list and you would have been given a time frame for you be able to initiate an appointment. Should you not initiate an appointment within this timeframe you will be discharged form our service.

You will be given advice to keep you safe.

## When to seek urgent help

Please seek urgent medical attention if you experience any of the following:

- Signs of infection with fever, including shivering, hot and cold sweats, extreme tiredness, nausea, diarrhoea, new confusion, or feeling generally very unwell. These symptoms may indicate **sepsis**, which requires immediate treatment.
- Any sudden change in your limb, including rapid deterioration or unexpected symptoms.
- Sudden swelling, pain, increased warmth or tenderness, or a limb that feels unusually cold. These may be signs of a serious condition requiring urgent assessment.

If your symptoms are severe or worrying, please contact **NHS 111** for advice, or **999** in an emergency.

Please note the Lymphoedema Service is unable to prescribe antibiotics, we encourage you to contact alternative healthcare professional for further advice.

## When to contact the Lymphoedema/Lipoedema Service?

Please contact us Monday to Friday, 08:30–16:00, if you experience:

- Poorly fitting garments
- Discomfort or pain
- Increased swelling
- Skin irritation
- Bandage slippage
- Recurrent infections
- Limb changes following cellulitis treatment
- Any other concerns affecting your condition or comfort
- Garment slippage (please review the information you were given by the clinician, as some garments such as wraps will require regular adjustment as your limb reduces)

If you contact our service an administrator will ask you about your condition. Additionally, you will be asked to complete a Patient Requesting Appointment Questionnaire. Should you require support we can help you with this.

This information will be passed promptly to a clinician and will contact you if necessary.

## Support and advice

Please ensure you follow the support and advice given, this includes the wearing of any compression hosiery or garments.

## Reordering of compression hosiery/garments

If you require routine replacement of your prescribed compression garments, we provide **two garments every six months**. Please contact the service using the telephone number above to arrange this.

## Self-managing your condition

Please visit our website at:
www.livewellsouthwest.co.uk/project/lymphoedema for specific Lymphoedema/Lipoedema information, advice and support.

Or visit the Livewell Southwest website at:
www.livewellsouthwest.co.uk where you will find a range of information and advice related to improving your physical, mental and social wellbeing.

## NHS Primary Patient Advice

NHS website: www.nhs.uk/conditions/lymphoedema

- Overview of lymphoedema
- Symptoms, causes, and treatment options
- When to seek help

## Lymphoedema Support Network (LSN)

Website: www.lymphoedema.org

- Provides information, support, and patient resources

## Lipoedema UK

Website: https://lipoedema.co.uk

- Advice, peer support, and education

## British Lymphology Society (BLS)

Website: www.thebls.com

- Clinical guidance and patient information

Should you decide you no longer wish to receive this treatment, please contact our Lymphoedema Service on the number on the front of this leaflet.

Scan this QR code to visit the Lymphoedema service on the Livewell Southwest website:

If you wish to comment on this leaflet, please contact livewell.lymphoedema@nhs.net.