



Lymphoedema Management

Living Your Best Life



For over 25 years, Mt Wilga Private Hospital in Hornsby, in Sydney's upper north shore has been providing specialised lymphoedema care.

As a dedicated rehabilitation hospital and therapy centre we understand your desire to live your best life possible. Mt Wilga prides itself on providing high quality patient centred service. With the expertise and experience of our multi-disciplinary medical, nursing and allied health professionals, we work with you to attain your maximum independence.



What is Lymphoedema?

Lymphoedema is the swelling of a limb due to the accumulation of excess lymphatic fluid in the tissues.

Lymphoedema can occur as a result of:

- Poorly formed lymphatic tissue
- Surgery involving removal of lymph nodes
- Radiotherapy to lymph nodes
- Filariasis – a tropic disease
- Trauma or burns

Common Symptoms of Lymphoedema

- Swelling of a limb (arm or leg) and/or your chest, abdomen or head and neck
- A feeling of heaviness or tightness
- Restricted movement of a limb
- Aching or discomfort
- Recurring skin infections
- Hardening and thickening of the skin (fibrosis)

Who is the program appropriate for?

- If you have been diagnosed with primary or secondary lymphoedema
- If you have lipoedema
- If you are planning to have or have undergone liposuction for lymphoedema or lipoedema
- If you have vascular or obesity related swelling

Your program

Mt Wilga offers a comprehensive program designed to help reduce the symptoms of lymphoedema and provide you with ongoing education and skills to help you manage lymphoedema in your daily life.

Prior to commencement of your program you will receive a comprehensive medical assessment, skin assessment and measurement of your limb.

You may undertake a day program, which consists of daily therapy for an agreed period of time and is dependent upon your individual goals and requirements.

You may also be recommended an inpatient stay for an agreed period of time where you will stay in our hospital and will have access to medical and nursing care.

Your program may include the following

- Education regarding skin hygiene to prevent infection
- Lymphatic massage to manually drain the lymphatic system
- Bandaging using graduated pressure to ensure reduction of the limb size
- Exercise prescription to assist with the flow of lymph in the body
- Self management strategies
- Prescription and fitting of a pressure garment
- Occupational Therapy to assist with activities of daily living, relaxation and energy conservation

- Dietetics for education and advice regarding nutrition and weight management
- Psychology for education and advice on coping skills, stress management and relaxation

Your Team

Your rehabilitation care will be managed by a Lymphoedema Rehabilitation Specialist. Depending on your individual needs, members of your rehabilitation team will involve allied health professionals from:

- Lymphoedema physiotherapy
- Lymphoedema occupational therapy
- Exercise physiology
- Dietetics
- Social work
- Psychology

Do I need a referral?

A referral from your GP or specialist can be faxed to **(02) 9847 5013** and an appointment time will be made for an assessment.

If you have any enquiries please call **(02) 9847 5085**.

How much does it cost?

Our admissions team will check with your private health fund to make sure you are fully covered (whether you are staying as an inpatient or attending our day program).

If you are not privately insured, we will provide a quote for the costs of the program.

Please be aware that any consumables, garments and equipment, if recommended, are an additional cost to you personally.

Do you have transport?

If you live close to our hospital but are unable to drive, we can organise daily transport to attend our day program. This will be organised at the same time as booking your schedule of appointments.

Please note there is a daily transport fee and is dependent upon where you live.

We also have free onsite parking available – off Rosamond Street and behind the hospital, off Manor Road.

Do you have self care accommodation?

Yes, if you are on a day program and are happy to discuss this option with you, especially if you live interstate or in regional NSW.

Accommodation will be booked for the duration of your treatment and can be organised at the same time as booking your schedule of appointments.

Mt Wilga Private Hospital

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Mt Wilga
Private Hospital
Part of Ramsay Health Care