

## **Multi-Layer Lymphoedema Bandaging (MLLB)**

MLLB, also known as decongestive Lymphatic therapy (DLT) or Intensive Lymphoedema Treatment is a multi layered system of bandaging which provides a firm casing for the muscles to work against to aid fluid drainage, help improve the shape and size of the limb and reduce the firmness of the tissues. This will be done daily, Monday to Friday for 3 weeks at the Turnchapel clinic for approximately 1 hour each day.

The bandaging process requires commitment from you as the patient as well as the staff to ensure that we achieve maximum results. You should aim to carry on as normally as possible with your day-to-day activities.

- Obtain all the bandages, moisturiser and any dressings on prescription before the treatment starts
- Wear a skirt or very loose fitting trousers with wide legs/wear tops with very loose or no sleeves as the bandaging is quite bulky.
- Be as active as possible during your treatment
- elevate your arm/leg when resting
- Wash the bandages on a hot wash at home after they have been removed at the clinic every day and return these to the clinic once dried the following day. This is to prevent cross infection from patient to patient.

We have a shower room within our unit which you are welcome to use.

Some people do experience slight discomfort and often itchiness from the treatment. A mild painkiller such as Paracetamol and/or anti histamine for the itchiness will usually help.

Should you experience pain anywhere in the limb, pins and needles or numbness in the toes or fingers first try exercising your limb. If this does not help, remove the top layer of bandages. If this does not resolve the problem then take the bandages off and inform the lymphoedema clinic (between 08.00 and 17.00).

- Should your fingers/toes look blue then move your fingers/toes and your limb should return to its normal colour, if not please remove the bandages
- Should your fingers/toes turn white then remove the bandages immediately and inform the lymphoedema clinic
- Should you experience unusual shortness of breath remove the bandages immediately and contact your GP.



# St Luke's

## Lymphoedema

It is advised that you do not drive during your bandaging treatment. If you do choose to do so, you must inform your insurance company as your car insurance may be invalid.

### **What happens after the treatment?**

You will be fitted with a compression sleeve/stocking. It is important that you wear this 24 hours a day for the first six weeks following your bandaging treatment to prevent the fluid from re accumulating. You will then be reviewed by the Lymphoedema service and will continue to wear your garment during the day only.

You can remove the sleeve/stocking to wash and moisturise the limb once a day.