

# Inter/(Multi)-disciplinary treatment

There exist various non-surgical treatment options for lymphedema and a few surgical options. These can be divided into reconstructive and reductive methods. All surgical treatments should be performed in a dedicated expert center with interdisciplinary cooperation and embedded in a non-operative treatment protocol.



### WHAT IS RECOMMENDED

---

- After confirming the diagnosis of primary lymphedema, an interdisciplinary treatment protocol should be created for the individual patient.
- Treatment of lymphedema is divided into 2 stages: initial and maintenance treatment phases: ensure that the patient (or the parents) is aware of this.
- The treatment protocol is monitored by the lymphedema therapists.
- Compression technology is the cornerstone in both stages of treatment.
- Swelling of the toes can be treated with compression and podiatry.
- The patient and/or the parents should pay attention to skin care, toenail problems and be vigilant for signs of cellulitis.
- Monitoring of the patient's weight and volume / circumference, with clinimetrics and photography, are part of the treatment.



### WHAT YOU SHOULD NOT DO

---

- Wait and see without follow-up.
- Surgery for lymphedema without an interdisciplinary team approach.
- Reconstructive surgery in patients with primary lymphedema.