

## BNSSG Chronic Oedema Pathway Supporting Document

### Lymphoedema Resources

British Lymphology Society (BLS);

- [What is Lymphoedema?](#)
- [What information, advice and support should be provided for those at risk of Lymphoedema?](#)
- [Position paper for ankle brachial pressure index \(ABPI\): informing decision making prior to the application of compression therapy as referenced in the pathway](#)

LeaRn on Demand;

- [What is Lymphoedema](#) video

- [Clinical Resources](#)

#### Clinical Resources

- BNSSG Remedy - [Lymphoedema](#)
- CKS NICE guidance on [Venous Eczema and Lipodermatosclerosis](#)
- [Management of Cellulitis in Lymphoedema](#) individuals with Lymphoedema are at an increased risk of recurrent cellulitis so this document provides practical steps in prevention and consideration for prophylactic antibiotics

Please scan  
the QR code  
to visit **BNSSG  
Remedy page**



### Glossary



**Lipodermatosclerosis:** chronic inflammation and hardening of the skin on the lower legs, caused by venous insufficiency/obesity.



**Pitting Oedema:** swelling that leaves an indentation when pressure is applied. Fibrosed Tissue: skin changes such as thickening, scarring or extensive swelling that isn't pitting.



**Mild Lymphoedema:** can present as 'heavy' legs, patient's may say their legs feel 'different' but swelling/oedema would be present and pitting. Usually reversible with increased elevation, exercise and compression.



**Fibrosed Lymphoedema:** usual presentation consists of; irregular limb shape, fibrosed tissue and swelling that cannot be relieved through elevation.



**Skin folds:** skin which, in severe cases, overhangs in a pendulous fashion due to a build up of oedema.



**Papillomatosis:** wart like growths on the skin caused by dilated lymphatics and fibrous tissue.