

Lymphedema Program Services



What is the lymphatic system?

The lymphatic system connects the circulatory system and the immune system. It is a complex system made up of lymphatic vessels, lymph nodes and other organs. It helps remove extra fluid, absorbs and recycles fat into the blood stream, and helps with immune defense.

What is lymphedema?

Lymphedema is swelling from lymph fluid that builds up in the tissues when the lymphatic system is not working normally

What causes Lymphedema?

There are two types of lymphedema: Primary and Secondary.

Primary Lymphedema is a rare condition where people are born with an abnormally developed lymphatic system.

Secondary Lymphedema is more common and is caused by an injury or disruption to the lymphatic system. For example, surgery or radiation. If you've had a lymph node removal and radiation you're at risk for developing this type of lymphedema.

What will my treatment involve?

- Manual lymphatic drainage: Specific gentle massage/stretching and education regarding technique for continued care at home.
- Skincare: The importance of good skin hygiene to avoid injury or infection.
- Compression: Multi-layered compression bandaging is used to reduce lymphedema before fitting for garments. Garments help maintain the reduction by placing pressure where needed to help move the fluid and keep it from collecting.
- Exercise - A specific exercise program will be developed for you. Muscle contraction has been shown to increase lymphatic drainage, as well as improve range of motion by loosening and stretching tissue.
- Scar Management - Softening and loosening scars may improve range of motion and lymphatic drainage.

When do I need lymphedema services?

- Lymphedema that does not resolve post surgery within 4 to 6 weeks
- Firmness in your tissue

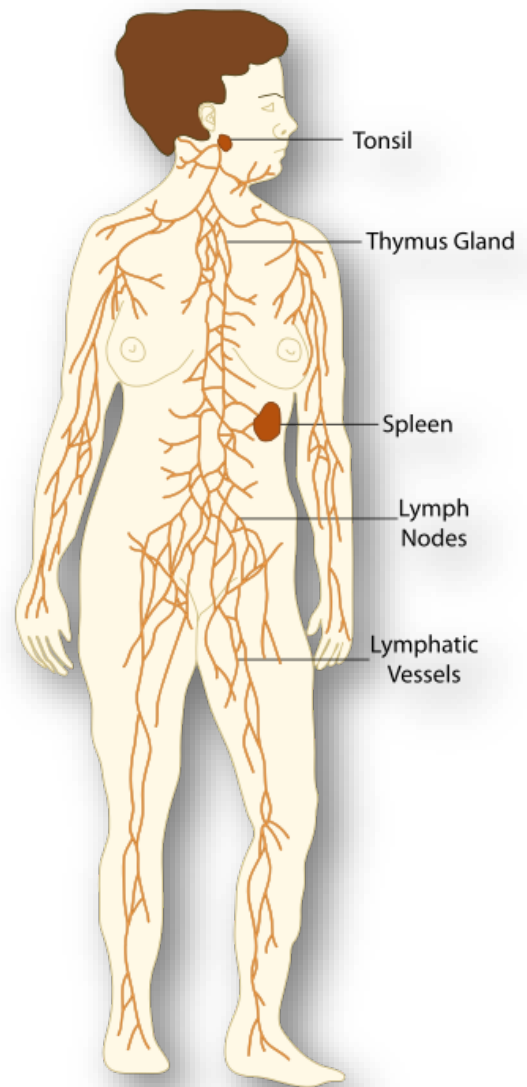
- Feelings of tightness and pressure
- Skin discoloration that does not resolve
- Pain

What are the benefits of lymphedema treatment?

- Decreased lymphedema
- Softening of tissue texture
- Improved range of motion
- Improved tissue health
- Reduced scar tightness/discomfort
- Improved appearance of scars

Locations of Head and Neck Lymphedema Specialists

- Ann Arbor-Burlington Building
325 E. Eisenhower Parkway, STE 3000
Ann Arbor, MI 48108
Ph: (734) 763-6464
Fax: (734) 763-3715
- Ann Arbor - Domino Farms Plastic Surgery
4029 Ave Maria Dr.
Lobby A, Suite 1200
Ann Arbor, MI 48105
Ph: (734) 998-6022
Fax: (734) 998 - 6696
- Brighton-Brighton Center for Specialty Care
7500 Challis Rd
Brighton, MI 48116
Ph: (810) 263-4000
Fax: (810) 225-9322



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