

Dear Patient,

Thank you for selecting Mirasol Physical Rehab Center for your therapy. We are committed to providing you with most effective therapy possible for lymphedema. To achieve this goal, our therapists are specially trained and knowledgeable about lymphedema. The support staff can assist you and your family with information and resources as needed.

As explained to you, lymphedema therapy usually occurs in two phases. The first phase is the intensive program where the goal is to reduce the size of your limb and educate you (and your family if requested) in self-care. Once your limb is reduced in size, the second phase is to keep the limb from becoming enlarged again.

At your initial evaluation you will be given a folder to hold your educational materials. Enclosed in the folder of information given to you is a detailed description of each phase of therapy. Information will be added to your folder as treatment progresses. The treatment is very involved and requires a commitment on your part so that the best possible results can be achieved. It is important you bring your folder to each treatment session. For this purpose, we wish to identify guidelines which will facilitate the therapy regimen.

Mirasol Physical Rehab Center will:

1. Assess your limb (or other area of swelling) to determine how much fluid and fibrosis is present. Based on this evaluation along with other medical information from your physician, an individualized therapy regimen will be determined. This regimen will include: meticulous skin care, manual lymphatic drainage, multi-layered compression bandaging or edema reduction garment (if appropriate), recommendation for long-term compression garment, instructions on how to care for your limb and exercises.
2. Have our therapists available to answer your questions about the therapy while you are in the intensive program.
3. Consult with your physician as needed throughout treatment and provide follow up reports on your progress.
4. Provide you and your insurance company with the necessary available information so that treatment is most likely to be covered.

It is important that you:

1. Keep your appointments as scheduled and be on time.
2. Notify Mirasol Physical Rehab Center at least 24 hours prior to your scheduled appointment if you need to change the date or time. All efforts will be made to reschedule any missed visits within the same week for continuity of care.
3. Wear loose clothing so bandages or other garments can fit comfortably.
4. Wear the bandages or edema reduction garment as directed by your therapist.
5. Do the self-care management and exercises as instructed.

6. Notify your therapist if you experience any unusual symptoms. Your therapist will tell you what to be aware of and when to call.

By working as a team, we can expect favorable results. Please remember, there is NO CURE FOR LYMPHEDEMA, ONLY THERAPY. In the majority of cases, the limb(s) or other area of swelling, reduces in size. However, there may be contributing factors that may influence the results you obtain.

Mirasol Physical Rehab Center reserves the right not to provide therapy and/or to suspend or discontinue therapy at any time.

I have read the enclosed materials.

Name of Patient (print): _____

Signature of Patient: _____ Date: _____