

**Chronic Oedema ‘Wet Legs’ (lymphorrhoea) Pathway**  
Adapted from Lymphoedema Network Wales Chronic Oedema ‘Wet Legs’ pathway

Patient Name	CHI	Primary nurse	Date
<b>Level</b>	<b>Products required</b>	<b>Instructions</b>	
Level 1 (support / comfort)	Two pieces of blue/yellow/beige line tubular stockinette  Three rolls of undercast wool padding	1. An ABPI/TBPI is not required 2. Wash and dry leg using appropriate method and cleanse wound/remove exudate if needed 3. Moisturise with suitable emollient 4. Apply primary wound dressings followed by high absorbency wound pads as per wound formulary 5. Apply layer of tubular stockinet (blue/yellow/beige line based on size of limb) 6. Apply under-cast wool padding, ensuring a cylindrical shape is achieved and bony prominences are covered and protected. Start at the base of the toes to just below knee 7. Cover with a final layer of tubular stockinette (blue/yellow/beige liner) 8. Apply toe bandages if toes are oedematous. See Lymphoedema/Chronic Oedema Toe Bandaging Care Plan or consider using toe caps Re-assess at each bandage change and act accordingly— consider level two or three	
Level 2 (reduced compression)	As above plus Actico or other short stretch inelastic bandage (10cm width), one or two depending on size of leg.	As above then 9. Apply short stretch bandage inelastic bandage at full stretch in a spiral from the base of the toes up the leg with a 50% overlap. Re-assess at each bandage change and act accordingly— consider level three or four, or compression garments if lymphorrhoea is stopped.	
Level 3 (normal compression)	As above and add: short-stretch inelastic bandage (10 cm width) x three or four rolls depending on size of leg.	Follow instructions for level two and then 10. Ensure an arterial assessment is completed. 11. Apply a second layer of short-stretch inelastic bandage, such as Actico (10 cm width) at full stretch in an opposite spiral application from the base of the toes up the leg with a 50% overlap up to the knee. Re-assess at each bandage change and act accordingly— consider level four or compression garments if appropriate.	
Level 4 (strong compression)	As above and add: short-stretch inelastic bandage (10 cm width) x four to six rolls depending on size of leg.	12. If the patient’s oedema or lymphorrhoea is not improving, then confer with the local lymphoedema service to increase the layers of short-stretch inelastic bandage to three or four layers. The service can also support and advise on compression for oedema in knees and thighs. The main aim is to reduce oedema, heal wounds and stop lymphorrhoea once this has been achieved compression garments must be worn daily	

References: Lymphoedema Network Wales (2021) [The Chronic Oedema ‘Wet Leg’ \(Lymphorrhoea\) Pathway](#), NHS Wales

Wounds UK, (2021) [Best Practice Statement. Compression Hosiery: a patient-centric approach \(third edition\)](#), London: Wounds UK. [www.wounds-uk.com](http://www.wounds-uk.com)