

Lymphorrhoea as a largely under-recognized problem
in exudate management of chronic wounds

Judit Daróczy Prof.MD
Istenhegyi Private Clinic
Budapest

LINK for Wound Healing Congress
11. September 2019
Budapest

Introduction

Lymphedema is frequently unrecognized until it has advanced.

In patients with lymphedema and massive lymphorrhoea, when protein rich thick, viscous lymph exudate is present, the most modern dressings do not possess the capabilities to manage the exudate absorption. Maceration to the peri-wound area develops.

The innovation of dressings products lock lymphatic exudate away. These dressings encourage vertical wicking. It is documented that these dressings support improvements in peri-wound status. These dressing products are cost-effective.

Choosing an appropriate dressing to manage the wound exudate is essential.

Superabsorbent dressing promoted wound healing in patients with highly exuding wounds.

Superabsorbent dressing (ZetuvitPlus®) have been designed to treat highly exuding wounds and specially in chronic lymphedema.

The presented cases demonstrate how effective this approach is in managing superficial ulceration and lymphorrhoea in the presence of chronic lymphedema.

Lymphedema is the so called **neglected child** of medicine

The aim of this lecture is to document that chronic, non-treated lymphedema is a very high risk factor for different - in some cases **life-threatening** - complications

It is important to realize these complications:

- skin maceration
- ulcers
- lymphorrhoea
- complicated skin and soft tissue infections
- papillomatosis

These complications are **neglected by dermatologists**
(and angiologists as well)

2018.12.11.



Non treated lymphedema- superficial ulceration- lymphorrhoea, papillomatosis



The epidermis is ulcerated due to the high pressure of the dermal lymph fluid. The pressure of the lymph fluid is very high in the subepidermal connective tissue

The disrupted epidermis is getting macerated, ulcerated and infected. Papillomatosis developed

The most important therapy of lymphedema escorted by ulceration is adequate compression therapy.

Patient education is important to achieve better compliance with compression therapy



pigmentation and papillomatosis

Superabsorbent dressing (ZetuvitPlus®) have been designed to treat highly exuding wounds and specially in chronic lymphedema

2018.12.11.



Maceration is a largely under-recognized problem and one of the causes of delayed wound healing. The management of wound exudate remains a clinical challenge



lymphorrhoea from lymphangiectasia *: lymph leaks from the skin surface

- inflamed lymphedema
- stretching skin
- cracking skin leaks lymph fluid
- superficial **ulcers** develop

2018.02.27.



Superabsorbent dressing (ZetuvitPlus®) have been designed to treat highly exuding wounds and specially in chronic lymphedema

The superabsorbent dressing seems to reduce complications associated with exudate production, and damage of physiological microbiom, stimulate wound healing and increase patients' comfort. It may also save time and costs for care

Lymphorrhoea from lymphangiectasia: lymph leaks from the skin surface



2019.04.02.

Right side

Dilated lymphatic capillaries are covered by thin epidermis, it is easy to hurt = lymphorrhoea *, superficial ulcers develop

Wound exudate in Lymphedema patients can be very excessive This protein rich tissue fluid – contains tissue mediators, enzymes, histamine, white blood cells, bacteria – causing skin maceration around the wound, which may delay healing and lead to other complications





Superabsorbent dressing (ZetuvitPlus®) have been designed to treat highly Exuding wounds and specially in lymphorrhoea escorting lymphedema

Chronic, non-treated lymphedema

The clinical characteristics are seen:
pitting edema, Stemmer sign,
baby wrinkles, papillomatosis,
lymphorrhoea, superficial ulcer

The skin barrier is damaged, the
microbiom is changed. The result is:
increasing of pathogen bacterial
load and the presence of infections

Superabsorbent dressing
(ZetuvitPlus®) have been designed
to treat highly exuding wounds and
specially in chronic lymphedema





Choosing an appropriate dressing in lymphorrhoea is essential. The presented case demonstrated how effective this approach is in managing superficial ulceration and lymphorrhoea in the presence of chronic lymphedema



Only by combining an effective exudate and lymphorrhoea dressing choice with compression therapy, will deliver a good-quality clinical outcomes reducing clinicians and nursing input, and enhance cost benefit

RESULTS:

Twenty patients, aged 48-72 years, were included in this study, between January 2017 and June 2019

The superabsorbent dressing was used as a primary dressing
After only 3 days, dressing change frequency was reduced from once daily to twice weekly in 50% (n=10) of patients

CONCLUSION:

Lymphedema is a chronic swelling that happens when the lymph is not moving properly as a result of damage to the lymph nodes or/and lymph vessels. In the severe cases lymphorrhoea begins, inflammatory wounds develop and the skin around the wound is macerated. Maceration causes patients' pain as well as prolonging healing time and deserves more focused research.

The best treatment for lymphedema escorted by ulceration is the complete decongestive physiotherapy (CDPT): manual lymphatic drainage, compression with bandages, exercises, and adequate wound care.

Superabsorbent dressing (ZetuvitPlus®) have been designed to treat highly exuding wounds and specially in chronic lymphedema.

The superabsorbent dressing seems to reduce complications associated with Exudate production, and damage of physiological microbiom, stimulate wound healing and increase patients' comfort.

It may also save time and costs for care.