oapl.™

SEQUENTIAL COMPRESSION THERAPY SOLUTIONS

Compression solutions for an active and independent lifestyle

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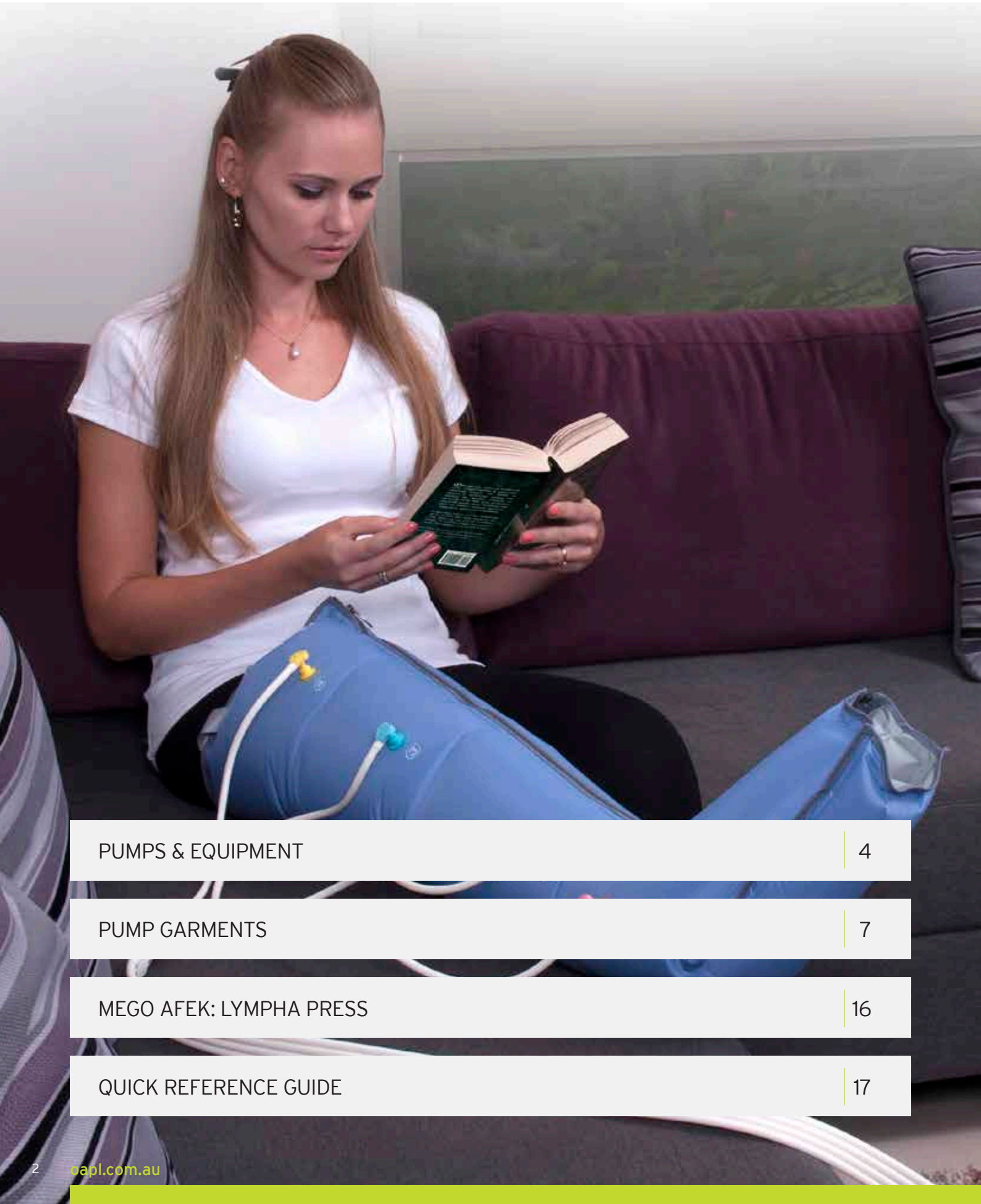

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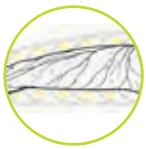
MEGO AFEK ADVANCED PUMPS



24 cell operations (12 per limb).

Single limb operation (12 cells) using supplied plug.

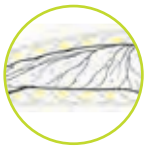
Single quick connect connectors for hose bundles.

Pretherapy modes (optimal only).

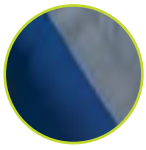
Delivers fully variable 20-90mmHg pressure.

User friendly programming & quiet operation.

UNIQUIE GARMENTS



4, 8, 12 or 24 Overlapping cells, garment dependent. Ensuring consistent pressure gradient along limb.



Manufactured using state of the art High frequency welding technology.

Integrated hose bundles. No need to connect hoses.

Available in a range of styles and sizes to ensure adequate coverage and fit.

PUMPS & EQUIPMENT (8 Cell)

LYMPHA PRESS® MICRO (STD)

Small compact design.

Easily lockable compression setting dial.

Easy to use timer and compression settings dials.

4 chamber or 8 chamber garments available.

Single or dual garment outlet.

Lightweight and quiet operation

Dual Voltage - Ideal for use overseas thus continuing treatment.

Features

- LymphaPress® Micro is a sequential compression device designed for use by either the patient at home or by practitioners in clinics.
- Automatically assesses and adjusts the garment fill and pause interval time according to the garment being used.
- Complete garment deflation each cycle for patient comfort and maximum vascular refill.
- Easy to use.
- Lightweight and quiet.
- Dual Voltage - Ideal for travel.

Technical Specifications	
Model	PCD-51
Cycle	Sequential
Pressure Range	20-80 mmHg
Size	12 x 22 x 17cm
Weight	1.5kg
Electrical	230V / 115V 50/60 Hz

Code
L10005G3

PUMPS & EQUIPMENT (8 Cell)

LYMPHA PRESS® MICRO (OPTIMAL)

Based on the reliable and durable Lympha Press® Micro line, the Lympha Press Micro (Optimal) is a pressure control device with the added features of both Pre and Wave Therapy treatments.

For use within both the clinical and home environment.' The Pretherapy Treatment is a gentle massaging of the proximal lymphatics, with the purpose of easing the lymph liquids transit, based on MLD (manual lymph drainage) procedures. The Pretherapy starts the treatment at the proximal end of the treated limb. Lympha Press® Micro (Optimal) then moves on to the main treatment, either sequential buildup pressure or Wave Peristaltic massage.

Indications

- Lymphoedema of legs and arms.
- Post-mastectomy arm Lymphoedema.
- Healing of venous stasis ulcers.
- Promotion of wound recovery.
- Relief from muscular and nervous pain.
- Relief of discomfort from leg fatigue.

Additional Features to the Lympha Press Micro (Optimal)

- Fully variable pressure range 20 to 80mmHg.
- Sequential Compression and Peristaltic Compression Therapy Cycles.
- Pretherapy and Post Therapy available with all Compression Cycles.
- Variable Pre Therapy Region: Distal, Medial and Proximal.
- Variable Post Therapy Region: Distal, Medial and Proximal.
- Adjustable Pause time between compression cycles.
- Adjustable hold time at end of compression cycles.

Technical Specifications	
Model	PCD-52 (737A)
Cycle	Sequential Multi Cycles
Pressure Range	20-80 mmHg
Size	12 x 22 x 17cm
Weight	1.5kg
Electrical	230V / 115V 50/60 Hz

Code
L10005H1

PUMPS & EQUIPMENT (12 Cell)

LYMPHA PRESS® MINI

Code
L1000024B

Treating Lymphoedema correctly means a lifelong commitment to a regimen of care.

Home therapy with the Lympha Press® Mini is easy and effective, saves clinic visits, and increases patient compliance for better treatment results.

Indications

- Lymphoedema of legs and arms.
- Post-mastectomy arm Lymphoedema.
- Healing of venous stasis ulcers.
- Promotion of wound recovery.
- Relief from muscular and nervous pain.
- Relief of discomfort from leg fatigue.

Features

- Up to 24 overlapping pressure cells.
- Fully variable pressure range 20 to 80 mmHg for safe usealso at home.
- User friendly - easy to use.
- Quiet.
- Compact, easy to store.
- Sturdy and reliable.
- Portable.
- Can treat up to two limbs simultaneously.
- Compatible with comprehensive range of quality 12 or 24 chamber garments.
- Easy reading controls (Pressure and Treatment duration).

Technical Specifications	
Model	201
Cycle	Sequential
Cycle Time	30 sec
Pressure Range	20-80 mmHg
Size	14.5/38.5/30.5cm
Weight	5.1kg
Electrical	230V / 115V 50/60 Hz

LYMPHA PRESS® OPTIMAL PLUS

Code
L10008C1

Based on the reliable and durable Lympha Press® Mini line, the Lympha Press Optimal is a pressure control device with the added features of both Pre and Wave Therapy treatments.

For use within both the clinical and home environment.' The Pretherapy Treatment is a gentle massaging of the proximal lymphatics, with the purpose of easing the lymph liquids transit, based on MLD (manual lymph drainage) procedures. The Pretherapy starts the treatment at the proximal end of the treated limb. Lympha Press® Optimal then moves on to the main treatment, either sequential buildup pressure or Wave Peristaltic massage.

Indications

- Lymphoedema of legs and arms.
- Post-mastectomy arm Lymphoedema.
- Healing of venous stasis ulcers.
- Promotion of wound recovery.
- Relief from muscular and nervous pain.
- Relief of discomfort from leg fatigue.

Additional Features to the Lympha Press Mini

- Fully variable pressure range 20 to 90mmHg
- Pretherapy Cycle preceding both Lympha Gradient & Wave Therapy options.
- Remote control override option.
- Informative LCD screen.
- Software control option for independent pressure control of individual chambers.

Technical Specifications	
Model	1201
Cycle	Sequential Multi Cycles
Pressure Range	20-90 mmHg
Size	14.5/38.5/30.5cm
Weight	6.1kg
Electrical	230V / 115V 50/60 Hz

PUMP GARMENTS

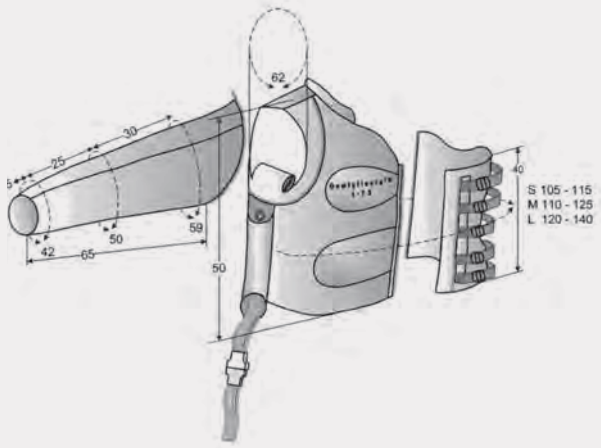
8 CELL COMFY ARM SLEEVE WITH INTEGRATED HOSE

The 8 Cell Comfy Arm Sleeve offers an ideal way to treat Lymphodema in the Upper limbs.

The treated are does not stop at the upper arm but also includes the upper shoulder, back, chest and abdomen.

Code	Description	Torso Dimensions
L41LT100	Comfylite Arm 8	Available in one size. Sizing is dependent on fastener type used
L42L0FSL	Left Arm Fastener - Small	
L42L0FML	Left Arm Fastener - Medium	
L42L0FLL	Left Arm Fastener - Large	
L42L0FSR	Right Arm Fastener - Small	
L42L0FMR	Right Arm Fastener - Medium	
L42L0FLR	Right Arm Fastener - Large	

8 Cell comfy arm sleeve with integrated hose Sizing Chart



Notes: All dimensions are in centimeters (cm) General tolerance: ÷2 cm

PUMP GARMENTS

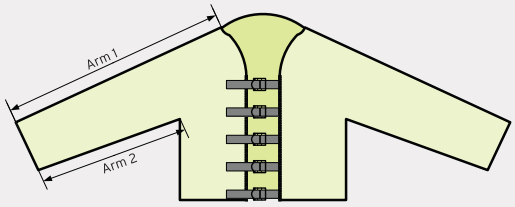
12 CELL LYMPHA® JACKET

Designed to give best lymph drainage for both arms and upper abdomen.

Very useful and efficient where both or only one arm suffers from Lymphoedema.

Code	Style	Arm 1	Arm 2	Chest Circ.
L4MJ2125	Short	800mm	570mm	1050-1230mm
L4MJ2135	Long	960mm	720mm	1050-1230mm

Lympha Sizing Chart



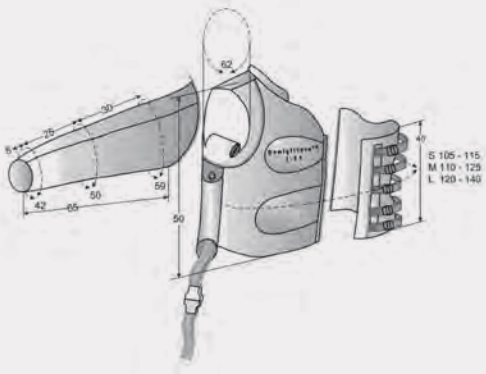
12 CELL COMFY® ARM SLEEVE

The Comfy Arm Sleeve 1 - 75 offers a new and greatly improved way to treat Lymphoedema in the upper limbs.

The treated area does not stop at the upper arm but now includes the armpit as well as the upper shoulder, one side of the back, chest and abdomen.

Code	Description	Torso Dimensions
L41L0175R	Comfy Arm Sleeve, Right Arm and Torso	Available in one size. Sizing is dependent on fastener type used
L41L0175L	Comfy Arm Sleeve, Left Arm and Torso	Available in one size. Sizing is dependent on fastener type used
L42L0FSL	Left Arm Fastener - Small	
L42L0FML	Left Arm Fastener - Medium	
L42L0FLL	Left Arm Fastener - Large	
L42L0FSR	Right Arm Fastener - Small	
L42L0FMR	Right Arm Fastener - Medium	
L42L0FLR	Right Arm Fastener - Large	

12 Cell comfy arm sleeve with integrated hose Sizing Chart



PUMP GARMENTS

4 CELL BARIATRIC LEG SLEEVE

4-Cell Comfy Leg Sleeve is a Bariatric compression garment for the treatment of full legs - foot, calf and thigh.

Use 4 Cell Bariatric Leg Sleeve with Lympha Press Micro or Micro Optimal.

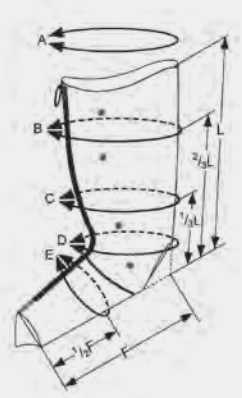
Code
L41F2465H
L41F2475H
L41F2485H

8 CELL LEG SLEEVE WITH INTEGRATED HOSE

Comfy Leg Sleeve is a compression garment for the treatment of full legs - foot, calf and thigh.

Use 8 Cell Leg Sleeve with Lympha Press Micro.

Code
L41H2365
L41H2375
L41H2385



Leg Sleeve Sizing Chart

Garment P/N	Description	Dimensions								Expander P/N	Dimensions with Expander T						
		A	B	C	D	E	F	L	Type		A	B	C	D	E	F	L
		Thigh	Above Knee	Calf	Ankle	Instep	Foot	Inseam			Thigh	Above Knee	Calf	Ankle	Instep	Foot	Inseam
L41F2365H	Lympha Press 4 3-65	78	71	65	50	54	38	65									
L41F2375H	Lympha Press 4 3-75	81	74	66	50	50	38	75									
L41F2385H	Lympha Press 4 3-85	86	80	68	53	51	38	85									
L41F2465H	Lympha Press 4 4-65	105	98	86	67	60	41	65	FT	L415T465	119	112	99	72	64	41	65
L41F2475H	Lympha Press 4 4-75	107	99	86	72	60	41	75	FT	L415T465	121	113	99	77	64	41	75
L41F2485H	Lympha Press 4 4-85	109	105	93	67	60	43	85	GT	L415T485	123	118	106	71	64	43	85
L41H2365	Lympha Press 8 3-65	78	71	65	50	54	38	65									
L41H2375	Lympha Press 8 3-75	81	74	66	50	50	38	75									
L41H2385	Lympha Press 8 3-85	86	80	68	53	51	38	85									

Notes: All dimensions are in centimeters (cm) General tolerance: ±2 cm

PUMP GARMENTS

12 CELL COMFY® LEG SLEEVE

Comfy Leg Sleeve is a multiple air-cell compression garment for the treatment of full legs - foot, calf & thigh.

Use comfy sleeve with Lympha Press Optimal and Lympha Press Mini.

Code	Size	A	B	C	D	E	F	L
L41L2285	2-850mm	700mm	600mm	470mm	420mm	480mm	260mm	840mm
L41L2295	2-950mm	780mm	680mm	510mm	430mm	480mm	260mm	950mm
L41L2365	3-650mm	810mm	730mm	600mm	560mm	540mm	370mm	650mm
L41L2375	3-750mm	850mm	760mm	610mm	560mm	540mm	370mm	750mm
L41L2385	3-850mm	900mm	800mm	630mm	560mm	540mm	370mm	850mm

1. General tolerance: ±2 millimeters. 2. A, B, C, D & E dimensions are circumferences.

COMFY® LEG SLEEVE PARALLEL EXPANDER

Comfy Leg Sleeve Parallel Expander allows an increase in the circumference of the Comfy Leg Sleeve.

Each expander adds 100mm from the top to the bottom of the sleeve.

Code	Use with Sleeve
L415A097	L41L2385
L415A087	L41L2285, L41L2375
L415A101	L41L2295
L415A078	L41L2265

Comfy Leg Sleeve Details		Sleeve Dimensions							Parallel Expander						
											Sleeve Dimensions with Expander				
Cat No.	Size	A	B	C	D	E	F	L	Cat No.	Size	A	B	C	D	E
L41L2285	2-85	70	60	47	43	48	26	84	L415A087	C	80	70	57	53	58
L41L2295	2-95	80	72	60	43	48	26	95	L415A101	E	90	82	72	58	58
L41L2365	3-65	81	73	60	56	54	37	65	L415A078	B	91	83	70	66	64
L41L2375	3-75	85	76	61	56	54	37	75	L415A087	C	95	86	71	66	64
L41L2385	3-85	90	80	64	56	54	37	85	L415A097	D	100	90	74	66	64
L41L2475	4-75	76	-	-	40	-	-	87	L415A087	C	86	-	-	50	-

1. All dimensions are in centimeters. 2. General tolerance: ± 2 centimeters. 3. A, B, C, D, E dimensions are circumferences.

PUMP GARMENTS

COMFY® LEG SLEEVE TAPERED EXPANDER

Comfy Leg Sleeve Tapered Expander allows an increase in the circumference of the Comfy Leg Sleeve.

Each expander adds 100mm above the knee tapered to 40mm at the ankle.

Code	Use with Sleeve
L415T097	L41L2385
L415T087	L41L2285, L41L2375
L415T101	L41L2295
L415T078	L41L2265

Comfy Leg Sleeve Details		Sleeve Dimensions							Tapered Expander						
											Sleeve Dimensions with Expander				
Cat No.	Size	A	B	C	D	E	F	L	Cat No.	Size	A	B	C	D	E
L41L2285	2-85	70	60	47	43	48	26	84	L415T087	CT	80	70	56	49	52
L41L2295	2-95	80	72	60	43	48	26	95	L415T101	ET	90	82	60	49	52
L41L2365	3-65	81	73	60	56	54	37	65	L415T078	BT	91	83	70	59	60
L41L2375	3-75	85	76	61	56	54	37	75	L415T087	CT	95	86	71	59	60
L41L2385	3-85	90	80	64	56	54	37	85	L415T097	DT	100	90	73	59	60
L41L2475	4-75	76	-	-	40	-	-	87	L415T087	CT	86	-	-	44	-

1. All dimensions are in centimeters. 2. General tolerance: ± 2 centimeters. 3. A, B, C, D, E, F, L dimensions are circumferences.

LYMPHA® PANTS EXPANDER

Lympha Pants Expanders® allow extending the circumference of Lympha Pants®.

Use Lympha Pants Expanders® with Mego Afek: Lympha Pants®. You can use up to three pants expanders on each pant leg. Each expander (right & left) adds about 10cm to the circumference of the pant (leg & abdomen). Pants Expanders come in sets of two. One for each side of the pants.

Instructions for use

1. Open the zipper on the pant leg that you want to expand.
2. Lay out the Pant Expander® next to one side of the open zipper.
3. Close one side of the Pant Expander® zipper with one side of the pants zipper.
4. Close 1/3 of the other side of the Pant Expander® zipper with the other side of the pants zipper.
5. Use the expanded Lympha Pants® in the standard manner.

Code	Unit
L4Z5LP00	Pair

PUMP GARMENTS

12 CELL BI-LATERAL LYMPHA PANTS

Bi-Lateral Lympha Pants are designed to offer optimal lymph drainage for both legs and the lower abdomen.

Bi-Lateral Lympha Pants are also very effective in cases where only one leg suffers from Lymphoedema.

Use Bi-Lateral Lympha Pants with the following Mego Afek Devices: Lympha Press® Optimal & Lympha Press® Mini

Instructions for wearing the Bi-Lateral Lympha Pants

1. Arrange the Bi-Lateral Lympha Pants on the surface where treatment will take place.
2. Open the main zipper 2/3 & lie down inside the Bi-Lateral Lympha Pants.
3. There are three zippers for three different pant sizes.
   Close the zipper which adapts the size to meet your needs, closing the pants.
4. If the pants are still too small, add Expanders® to adapt the pants size to your size.
5. On each leg, near the ankle, there are three (3) small zippers. Open the one that is closest to the patient's heel.
   It will allow the foot to remain as close as possible to its normal position (90º to leg) during treatment.

Recommendations

- Use Bi-Lateral Lympha Pants while lying down
- Wear cotton training pants under the Bi-Lateral Lympha Pants

Connecting the hose bundle

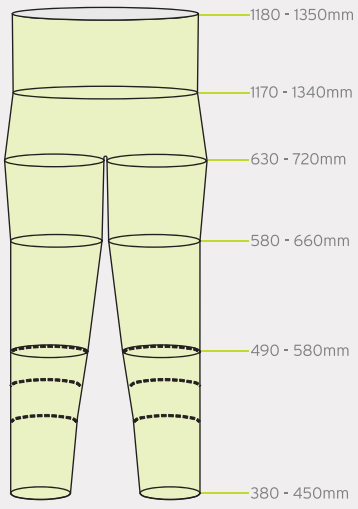
Insert the hose bundle connectors (in direction pointed by red arrows) into the corresponding air socket receptacles of the device.

Disconnecting the hose bundle

Press down the snap tooth to release the hose bundle and gently pull out the bundle from the device.

Code
L4MP2126

Bi-Lateral Lympha Pants Sizing



PUMP GARMENTS

8 CELL BI-LATERAL PCD LYMPHA PANTS

Bi-Lateral PCD Lympha Pants are designed to offer optimal lymph drainage for both legs and the lower abdomen.

Bi-Lateral PCD Lympha Pants are also very effective in cases where only one leg suffers from Lymphoedema.

Use Bi-Lateral PCD Lympha Pants with the following Mego Afek Devices: Lympha Press® Micro (Optimal) and Lympha Press® Micro

Instructions for wearing the Bi-Lateral PCD Lympha Pants

1. Arrange the Bi-Lateral PCD Lympha Pants on the surface where treatment will take place.
2. Open the main zipper 2/3 & lie down inside the Bi-Lateral PCD Lympha Pants.
3. There are three zippers for three different pant sizes. Close the zipper which adapts the size to meet your needs, closing the pants.
4. If the pants are still too small, add Expanders® to adapt the pants size to your size.
5. On each leg, near the ankle, there are three (3) small zippers. Open the one that is closest to the patient's heel. It will allow the foot to remain as close as possible to its normal position (90º to leg) during treatment.

Recommendations

- Use Bi-Lateral PCD Lympha Pants while lying down
- Wear cotton training pants under the Bi-Lateral PCD Lympha Pants

Connecting the hose bundle

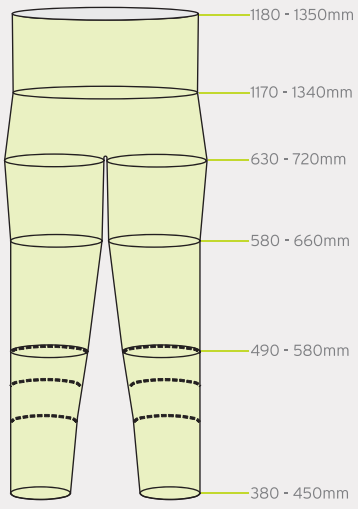
Insert the hose bundle connectors (in direction pointed by red arrows) into the corresponding air socket receptacles of the device.

Disconnecting the hose bundle

Press down the snap tooth to release the hose bundle and gently pull out the bundle from the device.

Code
L4MPH002

Bi-Lateral PCD Lympha Pants Sizing



PUMP GARMENTS

8 CELL BI-LATERAL PCD LITE LYMPHA PANTS

Bi-Lateral PCD Lite Lympha Pants are designed to offer optimal lymph drainage for both legs and lower abdomen.

Use Bi-Lateral PCD Lite Lympha Pants with the following Mego Afek Devices: Lympha Press® Optimal Micro & Lympha Press® Micro

Instructions for wearing the Bi-Lateral PCD Lite Lympha Pants

1. Arrange the Lympha Pants (Leg Specific) on the surface where treatment will take place.
2. Open the main zipper 2/3 & lie down inside the PCD Lite Lympha Pants.
3. If the pants are still too small, add Expanders® to adapt the pants size to your required sizing.
4. On each leg, near the ankle, there are two velcro tabs, by lifting together it is possible to create a 'foot piece' with the pant leg to assist patients with compression at the ankle.
   It will allow the foot to remain as close as possible to its normal position (90º to leg) during treatment.

Recommendations

- Use Lympha Pants (Leg Specific) while lying down
- Wear cotton training pants under the Bi-Lateral PCD Lite Lympha Pants

Connecting the hose bundle

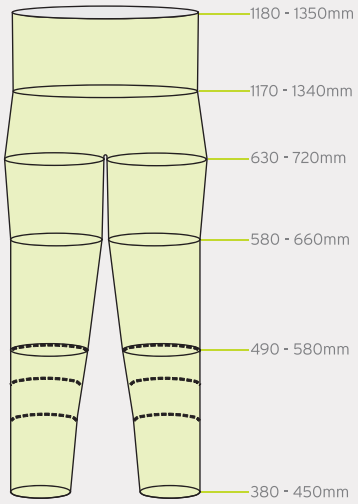
Insert the hose bundle connectors (in direction pointed by red arrows) into the corresponding air socket receptacles of the device.

Disconnecting the hose bundle

Press down the snap tooth to release the hose bundle and gently pull out the bundle from the device.

Code
L4MPH003

Bi-Lateral PCD Lite Lympha Pants Sizing



LYMPHAPOD®

LymphaPod® is the only pneumatic compression system designed specifically for the morbidly obese.

- 40 Compression Cells
- Revolutionary, innovative construction.
- Designed especially for patients with limited mobility.
- Unique "sleeping bag" design for easy donning.
- One size fits all, from 150 to 330+ kilograms.

Code
L4MP800L

TAPERED LYMPHAPOD® EXPANDER

LymphaPod® allows extending the circumference of the LymphaPod®.

Each expander adds 170mm at the abdomen tapered to 90mm at the foot.

Code
L41580AL
L41580AR

MEGO AFEK: LYMPHA PRESS

PROTOCALLS FOR LYMPHA PRESS® THERAPY

Treatment for lymphoedema, venous insufficiency, venous stasis ulcers, and dysfunction of the "muscle pump."

Australian TGA restricts this device to sale and use by, or on the order of, a licensed medical practitioner. Without referrals devices contained in this catalogue cannot be purchased

Special Considerations: Congestive heart failure

Decompensated cardiac failure (CHF) is a contraindication to pump use. Patients who have had recent hospitalization for CHF should receive physician clearance prior to pump use. Patients with a history of CHF should be monitored for symptoms of shortness of breath, increased rate or labored breathing, lung crackles, cardiac gallop, and jugular vein distension. Patients with CHF who avoid lying flat due to shortness of breath should have close physician monitoring if they use pneumatic compression.

Monitor symptoms during and after treatment. Start treat- ment at low pressure (<35 mmHg) and short (<30 minute) treatment and gradually increase pressure and time according to tolerance and treatment response. For initial leg treatments in patients with CHF, start by using pump on one leg, and then follow up with the second leg the next day or treatment session. If after pumping there is no worsening in symptoms, simultaneous bilateral treatment can be applied. If pants-type appliance garments are used, treat bilaterally at low pressures for short periods of time (30 minutes, <35 mmHg) and increase time and pressure gradually per treatment session, according to tolerance.

Patients undergoing treatment in hospital can receive IV diuretics prior to treatment. Start treatment after urine output is established. Pulse oximetry can be used to monitor lung function.

Mixed venous and arterial disease

Some patients with venous stasis ulcers may have arterial insufficiency as well as venous insufficiency. Use Lympha Press® and The Petite Basic SystemTM with caution (lower pressures, frequent inspection of skin) on patients with ABI from 0.6 to 0.8. Lympha Press® and The Petite Basic SystemTM pumps should not be used on patients with ABI <0.6.

Deep vein thrombosis (DVT)

Patients with a history of DVT should have a Doppler ultra- sound to rule out DVT prior to initiating treatment.

Cellulitis infection

Patients should avoid pneumatic compression treatment during an acute infection; treatment may be resumed 48-72 hours after beginning antibiotics.

Patient Disability

Patients who are unable to operate pump, don, doff, or adjust the appliance garments should have an appropriate family member or other caregiver available to assist throughout the treatment session.

QUICK REFERENCE GUIDE

This document offers guidance for the licensed medical practitioner in selection of treatment parameters. These treatment parameters (pressure, frequency, and duration of treatment) should be selected according to individual patient characteristics, including edema, fibrosis, wound status, body mass and response to a trial treatment session.

Patient Evaluation

Obtain medical history: Surgeries, co-morbidities; pain/ sensation levels, functional ability/mobility, edema, and skin condition including fibrosis, scars and wounds. Obtain baseline (pre-treatment) edema measurements.
Rule out general contraindications to pump use: Known or suspected deep vein thrombosis or pulmonary embolism; inflammatory phlebitis process; acute infection of the af- fected limb; decompensated cardiac failure; severe arteriosclerosis or other ischemic vascular disease; any circumstance where increased venous and lymphatic return is undesirable. Due to movement of fluids in the body when using the device, be careful with patients who have heart disease. High pressure is not recommended for patients with peripheral vascular disease. The abdominal area should not be treated during pregnancy.

Perform a trial to determine response to treatment time and pressure

Follow the guidelines for pressure selection provided in Tables 1-3. Begin with the lower pressure ranges, and adjust pressure upward within the recommended ranges according to patient tolerance and response. Increase pressure if no adequate response is seen. The patient should feel comfortable during treatment. If patients are insensate or have fragile skin, begin at conservative levels of compression and observe for skin changes. If using an appliance garment that covers the abdomen, set the pressure at this level below 40 mmHg.

If patient feels discomfort, investigate source. Reducing the compression level may alleviate discomfort. If discomfort persists, stop treatment and determine whether pump treatment should be continued.

Stop treatment and assess patient if the patient experiences dizziness, numbness, tingling, cramping, coldness, extremity or chest pain, or shortness of breath during or immediately following treatment. After assessment, if treatment is continued, compression levels and/or treatment time should be resumed at a reduced level.

After completion of the trial treatment session, check for edema reduction, softening and tissue extensibility changes. Inspect the skin to ensure there are no adverse effects.

Prior to use

1. Rule out contraindications.
2. Trial pump on patient, starting with lower pressure and increasing pressure if no adequate response seen. Patient should feel comfortable during treatment. If patient feels discomfort, investigate source. Reducing the compression level may alleviate discomfort.

Table 1: Venous Ulcer/Venous Stasis

Compression Level	Pressure	Appropriate for:	Frequency/ Duration
Low compression	<40 mmHg	Patients with wounds, insensate, or fragile tissue (can increase with monitoring if no adverse response seen)	60 minutes once or twice per day. Shorter, more frequent sessions may be helpful for patients who can comply. Evening or afternoon sessions will provide the most response.
Moderate compression	40-60 mmHg	Most patients	
High compression	>60mmHg	Extreme fibrotic changes; lipodermatosclerosis	

Table 2: Lower Extremity Lymphoedema

Compression Level	Pressure	Appropriate for:	Frequency/ Duration
Low to moderate compression	30-60 mmHg	Low to normal body mass, Stage 1 or Stage 2 lymphoedema, patients with wounds, insensate or fragile tissue (can increase with monitoring if no adverse response seen)	60 minutes once or twice per day. Shorter, more frequent sessions may be helpful for patients who can comply. Evening or afternoon sessions will provide the most response.
Moderate to high compression	>60 mmHg	Stage 3 lymphoedema, heavy fibrosis and/or high body mass. Use <40 mmHg compression over abdomen for comfort.	

Table 3: Upper Extremity / Post Mastectomy Lymphoedema

Compression Level	Pressure	Appropriate for:	Frequency/ Duration
Low to moderate compression	30-50 mmHg	Low to normal body mass, Stage 1 or Stage 2 lymphoedema, patients with wounds, insensate or fragile tissue (can increase with monitoring if no adverse response seen)	60 minutes once or twice per day.
Moderate to high compression	40-60 mmHg	Stage 2 or Stage 3 lymph- edema, heavy fibrosis, or high body mass. Use <40 mmHg compression over torso for comfort	

After use

After the pumping session, inspect for oedema reduction, softening and tissue extensibility changes. Assess the skin for any adverse effects (skin breakdown, irritation, or other).

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