



AT HOME REHAB LLC--- 215-230-4140 or [office@athomerehabllc.com](mailto:office@athomerehabllc.com)

## **Lymphedema Program Information for Patients & Caregivers**

Thank you for choosing AT HOME REHAB LLC for your lymphedema care. To help us begin treatment as quickly as possible, please carefully review the information below.

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### **Information We Need Before Treatment Can Begin**

#### **Physician Referral**

A physician order is required and must include:

- Order for Home Lymphedema Treatment
- Physician signature and date

#### **Physician Documentation-** Recent visit note within 1-2 months

The physician documentation must:

- Meet Medicare and insurance requirements
- Support the need for skilled lymphedema treatment
- Document a new diagnosis or worsening/exacerbation of lymphedema
- Be signed and dated by the physician

#### **Current Medication List**

A current medication list from the physician's office is required and must include:

- Medication names
- Dosages
- Frequency of administration

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## REQUIRED SUPPLIES

Important Insurance Information \*\*\*Home Health Agency Restriction\*\*\*

Compression garments and lymphedema supplies are not covered by insurance while a patient is receiving services from a Home Health Agency.

**If compression supplies are ordered while a patient is actively receiving home health services:**

- Insurance will deny the claim.
- The supplier cannot bill the patient for the denied claim.
- The supplier must absorb the full cost of the supplies.

Because of these insurance rules, coordination of services and timing of supply orders are extremely important.

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At Home Rehab Lymphedema Therapists utilize ***short stretch wraps*** for patient care. This is required.

**Question for the patient to consider:** *Can they comfortably tolerate compression?*

**If patient does not own adequate Compression Supplies:**

A separate physician prescription is required for compression garments and supplies.

The prescription must include:

- Diagnosis Code: I89.0 (Lymphedema)
- Requested supplies
- Physician signature and date

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## Additional Information Required for Supply Orders

If insurance-covered compression supplies are being ordered, we may need:

- Completed consent paperwork sent via email or mail

- Emergency contact information
  - Secondary insurance information (if applicable)
  - Payment information for any non-covered costs
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### **Patients Who Already Have Compression Supplies**

If you already own compression garments, wraps, or other lymphedema supplies:

- New supplies may not need to be ordered.
  - Insurance authorization requirements may be reduced.
  - Clinical documentation is still required.
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### **Patients Paying Cash for Supplies**

If you choose to purchase compression garments directly:

- Insurance authorization requirements no longer apply.
  - All clinical documentation requirements still apply.
  - Treatment may be able to begin sooner in some situations.
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### **If You Are Currently Receiving Services from Another Home Health Agency**

Our staff will work closely with you and the other agency to coordinate a smooth transition.

In many cases:

- The current agency may continue services until the end of its care episode.
- This often helps prevent delays in obtaining compression supplies through insurance.
- Once the episode ends and insurance billing clears, supplies can be ordered and treatment can begin.

If you prefer to start treatment immediately and are willing to pay privately for compression supplies, please discuss this option with our office.

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### **After Supplies Are Approved**

Once the compression supplier processes the order:

1. A shipping date is provided.
2. Our office schedules your Start of Care visit.
3. Treatment is typically scheduled within 48 hours of the confirmed shipping date.

Please note that treatment cannot be scheduled until supply delivery has been coordinated.

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### **Our Goal**

Our goal is to provide timely, effective lymphedema treatment while ensuring that insurance requirements are met and that you receive the compression supplies necessary for successful long-term management.

If you have questions about your eligibility, insurance coverage, compression garments, or the referral process, please contact AT HOME REHAB LLC at 215-230-4140 or [office@athomerehabllc.com](mailto:office@athomerehabllc.com) and our team will be happy to assist you.



## Lymphedema Program Patient Checklist

**Phone:** 215-230-4140

**Email:** office@athomerehabllc.com

Please use this checklist to help us begin your lymphedema treatment as quickly as possible.

### Before Treatment Can Begin

#### Physician Referral

- Obtain a physician order for Home Lymphedema Treatment 189.0
- Make sure the order is signed and dated by your physician

#### Recent Physician Visit Note

- Provide a physician visit note **from the last 30-60 days**
- The note must be signed and dated by your physician
- The note should document:
  - Lymphedema diagnosis or worsening symptoms
  - Need for skilled lymphedema treatment

#### Current Medication List

- Obtain a current medication list from your physician's office that includes:
  - Medication names
  - Dosages
  - Frequency/instructions

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### If Compression Garments or Supplies Are Needed

- Obtain a separate prescription for compression garments/supplies

The prescription must include:

- Diagnosis code **I89.0 (Lymphedema)**
- List of requested supplies; “short stretch wraps”
- Physician signature and date

At Home Rehab has a script form for the provider to sign to make this process easier.

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### **Additional Information That May Be Needed**

- Complete supplier consent paperwork (if requested)
  - Provide emergency contact information
  - Provide secondary insurance information (if applicable)
  - Provide payment information for any non-covered items (if applicable)
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### **If You Already Have Compression Garments or Supplies**

- Inform our office that you already own compression garments, wraps, or supplies
  - Have your current garments/supplies available for your therapist to evaluate
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### **If You Are Currently Receiving Home Health Services From Another Agency**

- Notify our office if you are currently receiving home health services

Important: Insurance will not cover compression supplies while you are actively receiving services from another home health agency.

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### **If You Plan to Purchase Compression Supplies Yourself**

- Notify our office if you plan to pay privately for compression garments or supplies
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### **After Your Supplies Are Approved**

- Watch for shipment information from the compression supplier
- Notify our office when you receive your shipping or delivery date
- Schedule your Start of Care visit with our office



## What to Expect During a Typical Lymphedema Visit

We want you to know what to expect during your lymphedema treatment visits. Each visit is individualized to meet your specific needs, but a typical visit may include the following:

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### Before Your Visit

If you are able, please remove your compression wraps or dressings before your clinician arrives.

If possible, please:

- Wash and dry your legs.
- Remove your compression wraps or dressings.
- Roll your compression wraps back up.

Completing these tasks before the visit is very helpful and allows more treatment time to be spent on your care.

**If you are unable to do these tasks, your clinician will gladly perform them for you.**

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### During Your Visit

#### 1. Removal of Compression Wraps/Dressings

Your clinician will:

- Remove compression wraps or dressings (if they have not already been removed).
- Inspect your skin and affected limb(s).
- Ensure that your legs are clean.

- Roll the compression wraps back up so they are ready to be reapplied.
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## 2. Limb Assessment and Measurements

Your clinician will assess your legs at each visit.

- Limb measurements may be taken as needed, particularly if visual changes in swelling or limb size are noted.
  - Measurements help monitor your progress and guide treatment decisions.
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## 3. Skin Care

Healthy skin is an important part of lymphedema management.

Your clinician may:

- Apply lotion or moisturizer if your skin is dry.
- Provide skin care recommendations to help maintain healthy skin and reduce the risk of infection.

*Please note: Skin care needs vary from patient to patient, so lotion may not be needed at every visit.*

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## 4. Wound Care (If Applicable)

If you have wounds, your clinician will:

- Assess the wound(s).
  - Perform any necessary wound care according to physician orders.
  - Apply lymphedema compression wraps following completion of wound care.
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## 5. Compression Wrapping

If you do not have wounds, your clinician will typically apply:

- A **stockinette layer** to protect your skin.

- A **foam padding layer** to help distribute compression evenly and soften fibrotic tissue.
- **Two to four layers of short-stretch compression bandages** applied from just above your toes to just below your knee.

The number of wrap layers used depends on the condition of your legs, the amount of swelling present, and your tolerance for compression.

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## **6. Additional Lymphedema Treatment**

Depending on your individualized treatment plan, your clinician may also provide:

- Manual Lymphatic Drainage (MLD)
  - Therapeutic exercises to improve lymphatic flow
  - Application of toe wraps, if needed
  - Application of thigh compression, if indicated
  - Placement of additional foam padding in specific areas as needed
  - Education for you and your caregivers
  - Instruction on long-term self-management techniques
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## **At the End of the Visit**

Your clinician will:

- Ensure that your compression wraps are applied safely and comfortably.
- Review any instructions for care between visits.
- Answer any questions you may have.

## **Progression to the Maintenance Phase**

Lymphedema treatment is designed to reduce swelling, improve skin health, and help you successfully manage your condition long-term.

Once you have demonstrated:

- A reduction in limb volume that closely matches your normal leg size, or

- A plateau in limb measurements with no further significant reduction expected, and
- Resolution or stabilization of any wounds

Your lymphedema clinician will transition you to the **maintenance phase** of treatment.

The maintenance phase may include one or more of the following, depending on your individual needs and your clinician's assessment:

- Compression stockings
- Velcro compression garments
- Compression pumps
- Continued skin care and self-management techniques
- Ongoing exercise and swelling management strategies

Your clinician will provide education and recommendations to help you maintain your progress and manage your lymphedema successfully over the long term.