Your clinician

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Practical information

For adults, lymphoedema care may be covered by basic insurance from session 21 under conditions; the first 20 are self-funded or paid by supplementary insurance. A referral is needed. Compression garments have separate medical-aid conditions.

Costs and insurance

Cover depends on diagnosis, age and policy. The statutory deductible usually applies to adults receiving care covered by basic insurance. Compression garments have separate conditions. Have the referral and cover checked before starting.

Our locations

Ter Aar
Medisch Centrum Vosholplein
Vosholplein 1-4, 2461 AA Ter Aar
0172-603434
teraar@fysiotopfit.nl

Boskoop
Medisch Centrum Boomgaard
Boomgaard 215F, 2771 PD Boskoop
0172-212147
boskoop@fysiotopfit.nl

Nieuwkoop
Maarten Freeke Wije 2D, 2421 TP Nieuwkoop
0172-575595
nieuwkoop@fysiotopfit.nl

General enquiries
085-0514000
blijftopfit@fysiotopfit.nl

WhatsApp
06-57250687
(messages only, no calls)

Scan for opening hours

Download our apps

Fysio Topfit

Download on the App Store

Topfit met Toppie

GET IT ON Google Play

Free to download for iPhone and Android.

Oedema therapy

at Fysio Topfit

A swollen, heavy or tight body part may result from fluid accumulation. We assess which support may help and whether medical assessment is needed first.

Book an appointment

Scan the QR code or call 085-0514000. Tell us which treatment you would like to discuss.

More information: www.fysiotopfit.nl

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What is oedema?

Oedema is fluid accumulation in tissues. In lymphoedema, drainage through the lymphatic system is impaired. This may be congenital or develop after surgery, radiotherapy or injury.

Clothing or jewellery may feel tighter, or a limb may feel heavy. Not all swelling is lymphoedema. The cause must be sufficiently clear for safe treatment.



Your treatment plan

Care may include compression bandaging or a garment, exercise, skin care and, where appropriate, manual lymphatic drainage. Other techniques are added only if suitable.

We measure swelling and discuss daily limitations. Frequency and duration vary. You learn to exercise, care for your skin and use aids independently. A compression garment must fit properly.



When to see a doctor first

A suddenly swollen, painful, red or hot leg needs prompt medical assessment. It may indicate thrombosis or infection. Call 112 for acute breathlessness or chest pain.

Treatment is not automatically safe with thrombosis, erysipelas, severe heart failure or reduced arterial circulation. Compression in particular needs prior assessment and possible adjustment. Do not apply extra-tight bandages yourself.

Before your appointment

Bring identification, insurance details and any referral or test results. Wear clothing that allows you to move comfortably. Let us know beforehand if you need support with language or communication.