

Sonderkrankenanstalt zur  
Untersuchung und Behandlung  
von Lymphödempatienten und zur  
ambulanten Durchführung von  
Therapien auf dem Gebiete der  
physikalischen Medizin.

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## Your personal checklist for a residential stay at the Lymphedema Rehabilitation Clinic of the Wittlinger Therapy Center in Tyrol

In order to help you prepare for your stay at our clinic, we have compiled this checklist of items you will need. Please bring with you:

- Casual, loose-fitting clothing (our bandages include foam rubber padding, which is bulky)
- For leg edema patients: shoes larger than your regular size, preferably with Velcro fastening, since your feet will be bandaged. The affected, bandaged foot will need a shoe two or three sizes larger than usual - many of our women patients bring a pair of their spouses' or partners' shoes
- Gymnastics outfit
- Jogging shoes
- Swimsuit / trunks
- Your recent medical records (dating back the last three months)
- Cancer patients: results of last oncologic follow-up
- Blood chemistry including CRP and electrolytes (dating back no more than three weeks)
- Cardiology findings (dating back no more than three months) for patients with known cardiac problems
- EHIC - European Health Insurance Card - only for European patients important!
- Any long-term medication you will need during your stay
- Dressing or bandaging material (in case you have open wounds, such as fistula, ulcers or festering sores)
- Your most recent compression stockings. N.B. Please ... do not have any new ones fitted prior to your stay at this clinic!

Bathrobe, towels and bath towels are of course available free of charge throughout your stay.

Washing machine and dryer are available for use at a small surcharge.

We look forward to welcoming you!

The Wittlinger Family  
and the Therapy Center Team