Diagnosing Primary Lymphedema

**WHAT IS RECOMMENDED**

- Consider the diagnosis in any newborn or child with swelling of one or more limbs, chylothoraces/pleural effusions or ascites, for which no other obvious explanation is present.
- Refer children suspected of having lymphedema to an expert centre for inter(multi)-disciplinary analysis (follow the guidelines).
- Include parents in the diagnostic process if the lymphedema is present in a child.
- Refer adults with lymphedema to an expert clinic for inter(multi)-disciplinary analysis if lymphedema is present in one or more limbs and no obvious other explanation is present, especially if other congenital anomalies or disorders are present.

**WHAT YOU SHOULD NOT DO**

- Perform routine genetic testing, lymphoscintigraphy and blood examinations without dedicated lympho-vascular expertise.