



Your First Visit to Aetherus Wound & Lymphatics

What to Expect During Your Initial Appointment

A Patient Education Guide from Aetherus Wound & Lymphatics

Welcome to Aetherus

We understand that visiting a new healthcare provider—especially for a chronic condition—can feel overwhelming. You may have questions about what will happen during your appointment, what you should bring, or what your treatment plan will look like.

At Aetherus Wound & Lymphatics, our goal is to make your first visit as comfortable, informative, and reassuring as possible. We believe that the best care begins with listening. Every patient has a unique story, and understanding your medical history, symptoms, and goals helps us develop a treatment plan tailored specifically to you.

This guide will walk you through what you can expect before, during, and after your first appointment.

Preparing for Your Appointment

A little preparation before your visit helps us spend more time focusing on your care.

If possible, please bring:

- A photo ID and insurance card
- A list of your current medications, including vitamins and supplements
- Recent medical records or test results related to your condition
- A list of your physicians and specialists
- Your compression garments, wraps, or pumps if you currently use them
- Any questions or concerns you'd like to discuss

If you've had previous surgeries, wound treatments, vascular procedures, or cancer treatments, sharing that information helps us better understand your condition.

We encourage you to bring a family member or caregiver if they'd like to participate in your care. Having another person present can be helpful when discussing treatment recommendations or remembering instructions after your visit.

Your Story Matters

One of the first things you'll notice is that we take time to listen.

Rather than simply treating swelling or wounds, we want to understand how your condition affects your daily life. You may be asked questions about:

- When your symptoms began
- How your swelling has changed over time
- Previous treatments you've tried
- Pain or discomfort
- Your daily activities
- Recent infections or hospitalizations
- Medical conditions that may affect healing
- Your personal goals for treatment

These conversations help us understand not only your diagnosis but also how we can best support your quality of life.

Your Comprehensive Evaluation

Your provider will perform a thorough examination based on your specific condition.

Depending on your needs, your evaluation may include:

- Examination of your skin
- Assessment of swelling
- Wound evaluation and measurements
- Circulation assessment
- Vascular examination
- Assessment of mobility and range of motion
- Evaluation for signs of infection
- Review of previous imaging or testing

Photographs and measurements may also be taken to document your condition. These become valuable tools for tracking your progress over time.

Our goal is not simply to identify what's wrong—but to understand why it's happening.

Developing Your Personalized Treatment Plan

No two patients are exactly alike.

Following your evaluation, we'll discuss our findings and work with you to develop a treatment plan that fits your specific diagnosis, lifestyle, and goals.

Depending on your condition, your treatment plan may include:

- Compression therapy
- Wound care
- Debridement (when appropriate)
- Lymphedema management
- Skin care recommendations
- Exercise guidance
- Nutrition counseling
- Referral to a certified lymphedema therapist
- Diagnostic testing
- Coordination with your primary care provider or specialists

We believe patients make better decisions when they understand *why* a treatment is recommended. You'll have plenty of opportunities to ask questions throughout your visit.

Education Is Part of Every Visit

One of the most important things you'll leave with is knowledge.

Managing chronic wounds and lymphedema doesn't happen only during office visits. Much of your success comes from understanding how to care for yourself between appointments.

We'll review:

- How to care for your skin
- How to use compression properly
- Signs of infection to watch for
- Dressing changes (if needed)
- Activity recommendations
- When to contact our office
- How your treatment plan may change over time

We want you to leave feeling informed—not overwhelmed.

Patient Perspective

Many patients tell us they expected a quick appointment focused only on the affected area. Instead, they're pleasantly surprised by how comprehensive the evaluation is. Conditions like lymphedema and

chronic wounds are often influenced by circulation, nutrition, mobility, medical history, and lifestyle. Understanding the whole picture allows us to create a more effective treatment plan.

Follow-Up Care Is Where Progress Happens

Many conditions we treat require ongoing management rather than a single visit.

Follow-up appointments allow us to:

- Monitor healing
- Adjust compression therapy
- Measure progress
- Modify your treatment plan
- Address new concerns
- Celebrate improvements

Healing is rarely a straight line. Some weeks you'll notice dramatic progress, while other weeks may feel slower. Our team is here to guide you through every stage of that journey.

Partners in Your Care

At Aetherus, we believe healthcare works best when it's a partnership.

We bring clinical expertise.

You bring your experiences, your goals, and your commitment to your health.

Together, we create a plan that supports healing while helping you remain active, independent, and confident.

Never hesitate to ask questions. If something isn't clear, we'll explain it. If something isn't working, we'll adjust it.

You are an important member of your own healthcare team.

We're Honored to Be Part of Your Journey

Choosing a healthcare provider is an important decision, and we're grateful you've entrusted us with your care.

Our mission extends beyond treating wounds and managing swelling. We strive to educate, encourage, and empower every patient who walks through our doors.

Whether you're here for wound care, lymphedema management, compression therapy, or preventive care, we're committed to providing compassionate, evidence-based treatment focused on helping you heal and live well.

Welcome to Aetherus Wound & Lymphatics. We look forward to partnering with you on your journey toward better health.