

**Treatment standards of lipedema  
(short version)**

<b>Treatment Protocol for the Legs</b>	
Preoperative requirements	<ul style="list-style-type: none"> <li>• A flat-knit compression garment has to be existent and be worn by the patient</li> <li>• Manual lymphatic drainage is only necessary in cases with highly backed-up tissue</li> <li>• The tissue has to be decongested sufficiently</li> </ul>
Operative procedure	<ul style="list-style-type: none"> <li>• Perioperative antibiotics (Cephazolin 2g)</li> <li>• Analgosedation with Propofol/ Remifentanyl</li> <li>• Local anaesthesia / injection of tumescence solution</li> <li>• Water-Jet Assisted Liposuction of the whole area to be operated</li> <li>• Treatment according to regions: lower legs –upper legs incl. buttocks (if need be two sessions) circularly respectively</li> <li>• Closing of skin incisions, the caudal/ distal incisions are not closed and act as a drain hole</li> <li>• Putting on the compression garment and elastic bandages</li> </ul>
Postoperative procedure	<ul style="list-style-type: none"> <li>• Monitoring for one night</li> <li>• Start of thrombosis prophylaxis via a low-molecule-weight Heparin on the day of surgery</li> </ul>
Post-treatment	<ul style="list-style-type: none"> <li>• Taking off of the bandages on the second day after surgery</li> <li>• Starting on the second day after surgery, wearing of flat-knit garment during the day for eight weeks (or until the next leg surgery), compression through the surgery garment at night for six weeks</li> <li>• Manual lymphatic drainage from the second day after surgery 2x/week for eight weeks (or until the next leg surgery)</li> <li>• Thrombosis prophylaxis via low-molecule-weight Heparin 1x/day for 7 days</li> <li>• Removing of stitches on the seventh day after surgery</li> <li>• Swimming is possible about two days after surgery</li> <li>• No restrictions to physical activity/ sauna with a “healthy feeling“ for the own body</li> </ul>

Fig. 1 Treatment Protocol for the Legs

## Treatment standards of lipedema (short version)

<b>Treatment Protocol for the Arms</b>	
Preoperative requirements	<ul style="list-style-type: none"> <li>• A flat-knit compression garment is in most cases not necessary on the arms</li> <li>• The tissue has to be sufficiently decongested (usually on the arms it is a given condition which does not require any special measures)</li> <li>• Manual lymphatic drainage before surgery is only necessary if the tissue is very backed-up</li> </ul>
Operative procedure	<ul style="list-style-type: none"> <li>• Perioperative antibiotics (Cephazolin 2g)</li> <li>• Analgosedation with Propofol/ Remifentanyl</li> <li>• Local anaesthesia/ injection of tumescence solution</li> <li>• Water-Jet Assisted Liposuction of the forearms and upper arms circularly up to the shoulder cap</li> <li>• Closing of skin incisions, the caudal/ distal incisions are not closed and act as a drain hole</li> <li>• Putting on the compression garment and elastic bandages</li> </ul>
Postoperative procedure	<ul style="list-style-type: none"> <li>• Monitoring for one night</li> <li>• Start of thrombosis prophylaxis via a low-molecule-weight Heparin on the day of surgery</li> </ul>
Post-treatment	<ul style="list-style-type: none"> <li>• Taking off of the bandages on the second day after surgery</li> <li>• Wearing of the compression bolero for 6-8 weeks straight during day and night</li> <li>• A flat-knit compression is not necessary on the arms, not even after surgery</li> <li>• Manual lymphatic drainage from the second day after surgery 2x/week for eight weeks</li> <li>• Thrombosis prophylaxis via low-molecule-weight Heparin 1x/day for 7 days</li> <li>• Removing of stitches on the seventh day after surgery</li> <li>• Swimming is possible about two days after surgery</li> <li>• No restrictions to physical activity/ sauna with a „healthy feeling“ for the own body</li> </ul>

Fig. 2 Treatment Protocol for the Arms