



*The Dutch Expertise Centre for
Liposuction, Lipofilling & Lipedema*

Lipedema

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Patient information on Lipedema

The treatment of lipedema is one of the focus areas of Resculpt Clinic. Lipedema is a complex and often unrecognized disorder of the fatty tissue. The treatment of Lipedema should be approached multidisciplinary; for optimal results several aspects of the disease must be addressed at the same time. Liposuction (the 'sucking out' of fat) under local anaesthetic (tumescent fluid) is one of them, and also the scientifically proven treatment that can cause a visible and permanent reduction of the fat volume and pain reduction.

Resculpt Clinic is the Dutch expertise centre for treating fat. The doctors of Resculpt Clinic, Drs. Hajo Bruinen and Dr. Jonathan Kadouch are both medical specialists and specialized in this field. Your treatment options will be discussed with you extensively during a consultation with the treating physician.

What is Lipedema?

Lipedema is a metabolic disease of the fat that occurs almost only in women. This often causes painful fat deposits, especially the legs and arms that are very laborious or do not diminish through sports or diets. Simply put, the fat cells grow when weight is gained and when taken a lot of carbohydrates, but they do not or hardly become smaller when weight is lost. The term Lipedema can therefore be confusing, since the term edema refers to an excess of fluid (in the legs). In the case of lipedema there is a surplus of fatty tissue.

Lipedema is a chronic condition, which occurs in moderate to severe form in 10% of women, with the onset from time of puberty. In the course of the years, the (fat) volume of the legs (and possibly the arms) will increase.

How does Lipedema arise?

The exact cause of Lipedema is unknown. Probably hereditary factors and female hormones play a role. The latter is thought because the condition occurs only in women and starting from puberty.

Degree and course

Lipedema can express itself in many degrees. How the lipedema is going to develop in an individual is not good to predict. One patient develops a mild lipedema without pain symptoms and this remains so throughout her life. In another patient, there may be a serious stage where in severe pain symptoms and movement restrictions can occur. It can be a gradual process, but it can also involve sudden aggravations and periods of rest. In patients with Lipedema who remain at the earliest, least severe stage, the complaints of pain and movement restriction are more often absent and it is more of a (serious) cosmetic problem.

Features Lipedema

- There is an increase in volume of the legs (and possibly arms) relative to the rest of the body from puberty.
- In weight loss, the torso, breasts and face get smaller, the legs (arms) do not.
- Waist size is often 1-3 sizes smaller than those of the legs.

- Legs (and sometimes arms) feel heavy and quaking to.
- Moreover, they are sensitive (painful when touched and bumped) and are easily bruised.
- Cellulite (orange peel skin).
- Hands and feet are not thick (unless additional lymphedema occurs), the lipedema starts above the ankles and wrists.
- Due to a changed walking pattern, knee problems can also arise in the long term.

What treatments are there?

The Dutch Lipedema Guidelines were released In 2013. These were made by dermatologists, physiotherapists and skin therapists. This directive explains how to look at the treatment of Lipedema. The treatment should be based on five pillars:

- Support by a dietician to prevent weight gain and weight fluctuations (carbohydrate poor diet);
- Maintaining (daily) exercise. Individual counselling by a physical therapist through 'Graded Activity' may be necessary;
- Combined compression therapy is often essential in the treatment of Lipedema. The lymphatic drainage is often reduced/obstructed and the inflammatory substances that are formed by the lipedema tissue must be discharged. The therapy can consist of manual lymphatic drainage, LPG, pneumatic compression therapy and pressure clothing (elastic panty). This can reduce volume, pain and progression of the condition and is done by both physiotherapists and skin therapists.
- In some cases, the disorder can severely burden the patient mentally or psychologically, such as the consequences of the (years) pain symptoms, movement restrictions, live with disproportionate body proportions. In such cases, counselling by a coach or psychologist may be advisable;
- Surgical treatment in the form of liposuction under local anesthesia with tumescent fluid (tumescent liposuction). Of all five treatment points, this is the only approach that actually leads to a permanent decline in fat volume and almost always reduces pain.

Tumescent Liposuction

In order to ensure a safe and cosmetic acceptable way of removal of the diseased fat, without damaging connective tissue, blood vessels, nerves, lymph vessels and the skin, it is necessary to apply the tumescent liposuction. It is crucial to choose the right materials and to have the treatment performed in experienced hands. In Tumescent liposuction, large amounts of liquid with anesthesia are injected into the fatty tissue. In this way the fatty tissue becomes soft and easy to remove, as other structures are spared. Sedation or general anesthesia is undesirable and increases the likelihood of complications. During the treatment you should be able to move and even stand to get an optimal result.

The removal of fat in patients with lipedema by means of 'regular' or conventional liposuction, so without using actual tumescence (tumescent liposuction) is not recommended according to the national guideline. Research has shown that conventional liposuction can cause too much damage to the lymphatic vessels, causing a problem of lymphedema.

Different methods of fat removal

There are many different methods to remove fat. This can easily cause confusion in someone who is looking for such a treatment. In addition, the removal of fat in the Netherlands does not only fall under

1 specialty, both medical specialists (dermatologist, plastic surgeon) and basic doctors carry Liposuction. We at Resculpt CLINIC Want to help you.

'Energy-based devices' versus Liposucties

In the case of liposuction, the fat is removed by placing a cannula under the skin and sucking the fat away. However, nowadays there are also devices that use cold or ultrasonic sound to solve the fat. These devices, also called 'EnergyBased Devices' are laid on the skin where the fat deposits is placed. No anesthesia is required and the skin is not covered during treatment. This makes the treatment with energyBased Devices' easily accessible and easy. However, these devices are meant for small fat deposits, and the result is not always as reliable. During the treatment you cannot see what the effect is (in the case of liposuction you can see exactly how much fat you have sucked away), and one person responds more than the other. As a rule, these devices are not applied in patients with lipedema, because there is too large fat deposits in lipedema and the fat is more persistent.

An ordinary (conventional) liposuction versus tumescent Liposuction

There are roughly 2 types of liposuction. The liposuction in which it is sedated by an anaesthetic (also called conventional liposuction), and the tumescent liposuction in which it is numbed by injecting an anesthetic fluid into the fatty tissue to be treated locally. This anesthetic fluid is also called Tumescent Liquid called ('Tumescent' comes from Latin and means swollen). The Tumescent liposuction does not use an anaesthetic, a spinal prick or a whirl, only from the local anesthetic with the tumescent fluid. Conventional liposuction is for the doctor less labor intensive and time consuming, but the tumescent liposuction has some significant benefits regarding conventional liposuction, namely:

- The use of only local anesthesia is less burdensome for the body and results in a quicker recovery.
- By using only local anesthesia, the risk of complications is less significant
- By removing the fat with the tumescent liquid, the fat can be removed more effectively, more accurately and evenly.
- The tumescent liquid is injected in large quantities locally. The fatty tissue contains certain essential structures, such as the subcutaneous connective tissue network, lymphatic vessels, blood vessels. The injected liquid ensures that there is more space between these structures so that they are not damaged during treatment.
- Tumescent Liposuction uses vibrating cannulas. The cannulas with which the fat sucked away is connected to a mechanical handle that the Cannulas Moves back and forth very quickly, causing them to vibrate. The advantage of this is that the fat can be removed more easily, without damaging the important structures in the fatty tissue. This not only causes a quicker recovery after liposuction, but also for a less rough treatment ("There is not GERAGD, it is more Violin-Games").
- Because the patient is simply awake and mobile during the procedure, it can change attitudes and also stand. This allows the doctor to see exactly where fat has to be removed in order to get the best and most beautiful result.
- The connective tissue network in fatty tissue is an important structure. It connects the muscles underneath the fatty tissue with the skin above it and keeps the skin in place. Because the connective tissue network remains intact when tumescent liposuction, the skin can be pulled ' tight ' after the procedure, even though there is less volume. This is also called the Lipolift Called.

Tumescent Liposuction has not only advantages; ER is a limitation to the amount of tumescent liquid that can be injected per treatment. That also gives a restriction to the area which can be treated at a

time. Of course we try to treat the largest possible area at a time with the amount of liquid that can be used safely, and this how much is determined by the weight of the patient. Experience, however, shows that this limitation of the amount of tumescent fluid is rarely a problem in practice. Treating a much larger area than is possible on the basis of the permissible amount of tumescent liquid is also often not desirable because the procedure will take too long and the recovery becomes heavier.

Where do I treat myself?

The Tumescent liposuction was developed by the American dermatologist Dr. Jeffrey Klein and has been applied by dermatologists in Europe (e.g. the Netherlands, Germany, Switzerland and Austria) for many years. Also at Resculpt CLINIC Wordt This procedure is performed by dermatologists. But the technique is also used by non-dermatologists. It is important that the Doctor who performs the treatment is trained and has extensive experience in this. It is also important that you have made it clear what treatment you are getting. Today, At the standard Liposuction Also Fluid injected. This is may lead to confusion; The Amount of liquid Die Then being injected is considerably less than with a real tumescent liposuction. To take advantage of all the benefits of a tumescent liposuction it is important that the doctor adheres to all aspects of this treatment, thus using local anesthesia with tumescent fluid without using anesthesia, spinal prick or Sedation. More information on how the treatment by Tumescent liposuction can be found on our website or in the folder Tumescent liposuction.

After the treatment

After the treatment You will be wrapped in absorbent bandages. Then you get daaroverheen an elastic suit. Before you go away, you will receive a document stating which medications you had that day and the contact information for outside office hours.

Recovery period

From the few slices that are made to remove the grease, the anesthetic fluid will run for 1-3 days. The first 24 hours after the treatment you will feel tired, maybe even some shivery. The days after the treatment you are not sick; You will experience a fairy feeling and a Type of muscle pain in the treated areas. Most swelling and bruising are significantly reduced after a week. It may take several weeks before the bruises are completely VERdwenen. All activities that feel good can be done. Listen to your body. Make sure you have no obligations for the first few days and the 1^e No heavy labour in the week. The elastic pack is worn during the day and night, and only during the daytime for 2 weeks.

What result can one expect after the tumescent liposuction At Lipedema?

The end result will be fully visible after 3 months. Depending on the amount of fat that has been removed, a contour improvement can be present even immediately after the treatment. During the recovery period there is also subcutaneous wound moisture present. In certain body parts (lower legs, knees and lower abdomen) it can sometimes take months before it is completely gone. Gradually, after the treatment, you will notice that the pain is decreasing, moving more easily and clothes will fit better. You are literally As well as figuratively, more delicious and better in your skin. Through the technique of tumescent liposuction, the subcutaneous connective tissue is barely damaged and the skin will contract through the treatment. This will not cause your skin to hang or become saggy after treatment.

Risk and complications

Tumescent Liposuction is a very safe treatment. This has been proven by Many Scientific studies. No serious complications are known in this technique. However, undesirable effects can occur sporadically, such as extensive blood outpouring, more pain than usual, low fever on the day after surgery or a (temporarily) diminished sensation in the skin. Sporadically a blaartje can occur. In people with pigment spots, dark discoloration can occur on the spot of the slices.

Safety

At RESCULPT CLINIC We do everything to ensure your safety during a visit or treatment. You can find them hereLF also contribute to the, for example, by thoroughly informing your doctor about your symptoms, medicine, lifestyle, etc. Ask questions when you have something not clear Or if you are worried.

Fee

Tumescent Liposuction At Lipedema is not covered by insured care and is not reimbursed by the health insurer.

Information and introductory interview

Would you like to know more about this treatment and what is possible for you? Schedule an appointment for a free information call or a TElefonische consultation via the contact page on our website. During the information interview with the medical specialist, ample time is taken to explain the condition, the treatment, the side effects, the after trajectory and the result, so that you are fully informed. The call takes about 45 minutes.

Complaints and privacy regulations

RESCULPT CLINIC *has a complaints and privacy policy. This can be consulted via DE Contact page on our website or via contact @ReSculptclinic. nl*