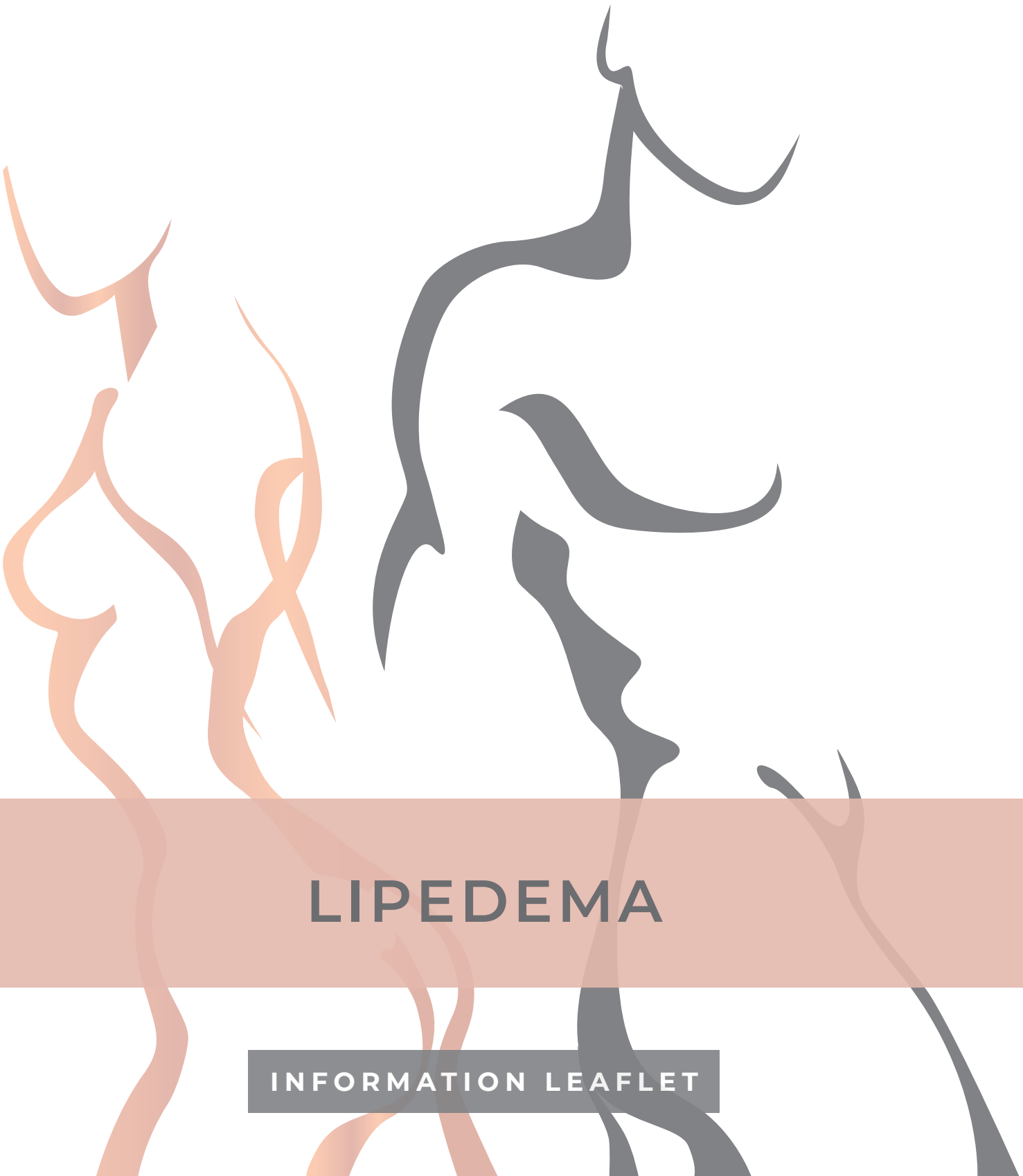
RESCULPT CLINIC

Dutch Expertise Centre for Fat Treatments and Body Contouring



# LIPEDEMA

INFORMATION LEAFLET

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# LIPEDEMA

The treatment of lipedema is one of the key points of ReSculpt Clinic. Lipedema is a complex and often unrecognized condition of the fatty tissue. The treatment of lipedema should have a multidisciplinary approach, which means that for optimal results, several aspects of the disease must be addressed simultaneously. Liposuction (the 'suction' of fat) under local anesthesia (tumescent fluid) is one of these and the only scientifically proven treatment that can bring about a visible and permanent reduction in fat volume.

ReSculpt Clinic is the Dutch expertise center for fat treatments, including Tumescent Liposuction. The doctors at ReSculpt Clinic, Dr. Hajo Bruining and Dr. Jonathan Kadouch, are both medical specialists and specialized in this field. The treating specialist can discuss the possibilities of this treatment with you in detail during a consultation.

## WHAT IS LIPEDEMA?

Lipedema is a fat metabolism disease that occurs almost exclusively in women. This often causes painful fat deposits to develop, especially on the legs and arms, which are very diffcult or impossible to reduce through exercise or dieting. Simply put, the fat cells do produce fat (they grow), but they hardly burn it anymore, so the cells do not become smaller with weight loss. The term lipedema can therefore also be confusing, as the term edema refers to an excess of fluid (in the legs). Lipedema is an excess of fatty tissue.

Lipedema is a chronic condition that occurs in moderate to severe form in 10% of women from puberty onwards. The (fat) volume of the legs (and possibly the arms) will increase over the years.

## HOW DOES LIPEDEMA DEVELOP?

The exact cause of lipedema is not known. Hereditary factors and female hormones probably play a role. The latter is thought because the condition only occurs in women and from puberty onwards.

## SEVERITY AND COURSE

Lipedema can manifest itself in many degrees. It is difficult to predict how lipedema will develop in an individual. One patient develops minor lipedema without any pain complaints and this remains the case throughout her life. In another patient there may be a serious stage in which severe pain and restriction of movement may occur. It can be a gradual process, but it can also be accompanied by sudden exacerbations and periods of rest. In patients with lipedema who remain in the earliest, least severe stage, the complaints



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of pain and restriction of movement are more often absent and it is more of a (serious) cosmetic problem.

## CHARACTERISTICS LIPEDEMA

- There is an increase in the volume of the legs (and possibly arms) compared to the rest of the body starting at puberty.
- With weight loss, the torso, breasts or face become thinner, but the legs (and arms) do not.
- Waist size is often 1-2 sizes smaller than the legs.
- Legs (and sometimes arms) feel heavy and swollen.
- In addition, they are sensitive (painful when touched and bumped) and bruise easily.
- Cellulite appearance.
- Hands and feet are not swollen (unless additional lymphedema occurs), the lipedema clearly ends below the ankles and wrists.
- A changed walking pattern can also eventually cause knee complaints.

## WHICH TREATMENTS ARE THERE?

The Dutch Lipoedema guideline was published in 2013. Dermatologists, physiotherapists and skin therapists, among others, contributed to this. This guideline explains what the treatment of lipedema should look like. The treatment should be based on five pillars:

- Guidance by a dietitian to prevent weight gain and weight fluctuations (low-carb diet);
- Maintaining (daily) exercise. Individual guidance by a physiotherapist through 'graded activity' may be necessary;
- Combined compression therapy is often essential in the treatment of lipedema. Lymphatic drainage is often reduced/obstructed and the inflammatory substances that produce the lipedema tissue must be removed. The therapy may consist of manual lymphatic drainage, LPG, pneumatic compression therapy and pressure clothing (elastic tights). This can reduce volume, pain and progression of the condition and is done by both physiotherapists and skin therapists;
- In some cases, the condition can place a heavy burden on the patient mentally or psychologically, such as the consequences of (years of) pain, movement restrictions, and living with disproportionate body proportions. In such cases, guidance from a coach or psychologist may be advisable;
- Surgical treatment in the form of liposuction under local anesthesia with tumescent fluid, also known as Tumescent Liposuction. Of all five treatment points, this is the only approach that actually leads to a permanent reduction in fat volume and almost always a reduction in pain and fatigue complaints..


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## TUMESCENT LIPOSUCTION

In order to be able to evenly remove abnormal fat in a safe and cosmetically sound manner without seriously damaging connective tissue, blood vessels, nerve branches, lymphatic vessels and the skin, it is necessary to apply Tumescent Liposuction, choose the right materials and complete the treatment by experienced hands. With Tumescent Liposuction, large amounts of fluids containing anesthetic are injected into the fatty tissue.
This makes the fatty tissue soft and easy to remove, while other structures are spared. Sedation or general anesthesia are undesirable and increase the risk of complications. During the treatment you must be able to move and even stand to get optimal results.

Tumescent Liposuction has a number of important advantages over conventional liposuction, namely:

- Using only local anesthesia is less stressful on the body and results in a faster recovery.
- Using only local anesthesia reduces the risk of complications.
- By softening the fat with the tumescent fluid, the fat can be removed more effectively, more accurately and more evenly.
- The tumescent fluid is injected locally in large quantities. The fatty tissue contains certain essential structures, such as the subcutaneous connective tissue network, lymphatic vessels, and blood vessels. The injected fluid ensures that there is more space between these structures so that they are not damaged during the treatment.
- Tumescent Liposuction uses vibrating cannulas. The cannulas with which the fat is sucked away are connected to a mechanical handle that moves the cannulas 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 ensures a faster recovery after liposuction, but also a less rough treatment ("there is no ragging, it's more like playing the violin").
- By being awake and mobile during the procedure, the patient can change position and also stand. This allows the doctor to see exactly where fat still needs to be removed to get the best and most beautiful result.
- The connective tissue network in the adipose tissue is an important structure. It connects the muscles beneath the fatty tissue to the skin above and holds the skin in place. Because the connective tissue network remains intact during Tumescent Liposuction, the skin can be pulled 'tight' again after the procedure, even though there is less volume. This is also called the LipoLift.

With Tumescent Liposuction there is a limitation to the amount of tumescent fluid that can be injected per treatment. This also limits the area that can be treated at a time. Naturally, we try to treat as large an area as possible at a time with the amount of fluid that can be safely used. This amount is determined, among other things, by the weight of the patient. However, experience shows that this limitation of the amount


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of tumescent fluid is rarely a problem in practice. Treating a much larger area than is possible based on the
permitted amount of tumescent fluid is often not desirable because the procedure will then take too long and the recovery will be more difficult.

## WHERE DO I GET TREATED?

Tumescent Liposuction was developed by the American dermatologist Dr. Jeffrey Klein and has also been used by dermatologists in Europe (including the Netherlands, Germany, Switzerland and Austria) for many years.
This procedure is also performed by dermatologists at ReSculpt Clinic. But the technique is also used by non-dermatologists. It's important that the doctor who performs the treatment is trained and has extensive experience in this. It's also important that it is made clear to you which treatment you will receive.
Nowadays, standard liposuctions also involve injecting fluid. This can lead to confusion; the amount of fluid that is injected is considerably less than with a real Tumescent Liposuction. To benefit from all the benefits of Tumescent Liposuction, it is important that the doctor adheres to all aspects of this treatment, including the use of local anesthesia with tumescent fluid without the use of anesthesia, epidural injection or sedation.
More information about exactly how the treatment with Tumescent Liposuction works can be found on our website or in the **Tumescent Liposuction** brochure.

## AFTER THE TREATMENT

After the treatment you will be wrapped in absorbent bandages. You will then be given an elastic suit to wear over that. Before you leave, you will receive a document stating which medications you have taken that day and contact details for outside office hours.

## RECOVERY PERIOD

The few incisions made to remove the fat will drain some of the anesthetic fluid for 1-3 days. The first 24 hours after the treatment you will feel tired, perhaps even a bit shivery. You will not be ill in the days after the treatment; However, you will experience a sore feeling and some kind of muscle pain in the treated areas.
Most swelling and bruising have reduced considerably after a week. It may take several weeks for the bruises to disappear completely. You can do any activities that feel good, just listen to your body. Make sure you have no obligations for the first few days and no heavy work for the first week. The elastic suit is worn day and night for 1 week, and then only during the day for 2 weeks.

## WHAT RESULTS CAN ONE EXPECT AFTER TUMESCENT LIPOSUCTION FOR LIPEDEMA?

The end result will be fully visible after 3 months. Depending on the amount of fat that has been removed, there may be a clear contour improvement even immediately after the treatment. During the recovery period, subcutaneous wound fluid is also present.


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In certain parts of the body (lower legs, knees and abdomen) it can sometimes take months before this goes away completely. After the treatment you will gradually notice that the pain complaints decrease, movement becomes easier and clothing fits better again. You will literally and figuratively feel happier and better in your own skin. Thanks to the Tumescent Liposuction technique, the subcutaneous connective tissue is hardly damaged and the skin will contract due to the treatment. This means that your skin will not droop or become saggy after treatment.

## RISKS AND COMPLICATIONS

Tumescent Liposuction is a very safe treatment. This has been proven by many scientific studies. There are no known serious complications with this technique. However, sporadically undesirable effects may occur, such as extensive bruising, more pain than usual, mild fever on the day after the procedure or a (temporary) reduced feeling in the skin. A blister may occasionally occur. In people with a predisposition to pigment spots, a dark discoloration may occur at the site of the incisions.

## SAFETY

At ReSculpt Clinic we do everything we can to guarantee your safety during a visit or treatment. You can also contribute to this yourself, for example by informing your treating physician in detail about your complaints, medication use, lifestyle, etc. Ask questions if something is not clear or if you are concerned.

## REIMBURSMENT

Tumescent Liposuction for lipedema is not covered by insured care and is not reimbursed by the health insurer.

## INFORMATION AND INTRODUCTORY MEETING

Would you like to know more about this treatment and what is possible for you? Schedule an appointment for a no-obligation information meeting or a telephone consultation via the contact page on our website. During the information meeting with the medical specialist, ample time is taken to explain the condition, the treatment, the side effects, the follow-up process and the result, so that you are optimally informed. The conversation lasts approximately 45-60 minutes.


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**COMPLAINTS AND PRIVACY POLICY**

ReSculpt Clinic has a complaints and privacy policy. You can request a copy of this policy via the contact page on our website or by sending an email **contact@resculpt.nl**

For more information about tumescent liposuction and lipofilling treatments, please visit our website: **www.resculptclinic.nl**

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