

FAQs lipoedema

Initial consultation

- **How does the initial consultation take place?**
The initial consultation consists of an extensive explanation concerning lipoedema, a thorough examination and a photographic documentation. We take sufficient time to answer all questions. In addition, patients also have the possibility of a second consultation in case of any further questions.
- **Which documents should patients take to the initial consultation?**
If possible, all existing preliminary results and documents regarding previous liposuction, a list of drugs and their allergy card. Patients can of course hand in further documents later, if necessary.
- **What examinations are recommended before liposuction?**
We will find out during the consultation what examinations are necessary for the individual patient. Usually, we recommend looking at the thyroid levels (TSH, T3, T4), checking for diabetes and examining the veins thoroughly to diagnose lipoedema.
- **Is the initial consultation free of charge?**
As a medical surgery, we are obliged to charge a fee for our services. It will be charged according to the schedule of fees.
- **How much does the treatment cost?**
Unfortunately, it is not possible to answer this question in general, as the costs depend on the degree of the lipoedema. They can only be determined during the initial consultation after a thorough examination.
- **What do patients have to be aware of when paying for the treatment?**
The costs for the operation have to be paid two weeks in advance. If this cannot be guaranteed, the costs for the operation can also be settled by an external service provider in instalments. We are happy to give you the necessary documents.
- **Will there be any more costs after the operation?**
No, there will be no more costs. You will be charged with the total price in the context of your individual consultation and planning. That way, you are in control of the costs and can calculate and plan accordingly.
- **What is the best way to reach your surgery?**
Public transport:
 - Tram 19 – exit National Theatre (walking distance 2 min.)
 - Local railway (S-Bahn) and underground railway (U-Bahn) – exit Marienplatz (walking distance 5 min.)Parking possibilities:
 - Multistorey car park Alte Oper and multistorey car park Hofbräuhaus (walking distance 5 min.)

Preparation for the operation

- **When are operations carried out?**
Operations are carried out throughout the year.
- **In what clinic will the operation take place?**
Liposuction of the lipoedema will be carried out in the Iatros private clinic. This is situated directly at Stiglmairplatz and can be reached easily from the main station. You can find more information here: www.iatros-klinik.de.
- **Are there possibilities of staying overnight nearby in the case of a longer journey?**
Yes, there are. We are happy to provide you with a list of hotels close to the Iatros clinic.

- **What room categories are there in the clinic and how long does a patient usually have to stay?**
One treatment includes one overnight stay in a double room. You can book a single room or additional nights for an additional fee.
- **Where does the pre-anaesthesia interview take place and what documents are necessary?**
The pre-anaesthesia interview will be conducted in advance by the anaesthetists of the latros clinic. You need up-to-date blood test results and an ECG. You do not need an appointment for the pre-anaesthesia interview, which can take place during the following opening hours:
 - Mon to Thu (9:00 a.m. to 5:00 p.m.)
 - Fri (9:00 a.m. to 1:00 p.m.)
- **Does the patient have to order compression clothes in advance?**
No, we order the special post-operative compression clothes and dress the patient in them directly after the operation.
- **How long does the patient usually have to wear the compression clothes?**
The compression clothes should be worn day and night for six weeks. They should only be removed for personal hygiene and to wash the compression clothes.
- **Should increased compression and lymphatic drainage be carried out before the operation?**
Regular lymphatic drainage (conservative therapy) is a good way of preparing the tissue for the operation.
- **How can you find a good therapist for lymphatic drainage?**
If no lymphatic therapist has been contacted, we recommend finding one yourself close to your home.
- **Do patients have to take antibiotics themselves before the operation?**
No, they do not. Patients are given a single dose directly before the operation in the clinic. You do not have to organise anything yourself.

Operation – medical aspects

- **What is the difference between lipoedema treatments and an aesthetic liposuction?**
Usually, with aesthetic liposuction, small areas are treated individually and sometimes incompletely. With lipoedema treatment, a special technique is applied to protect the tissue and preserve the lymph vessels in their function. Also, a complete liposuction of the affected areas is necessary to prevent the illness from reoccurring.
- **Can conservative treatment replace liposuction?**
No, it cannot. Liposuction has a curative approach in areas that are sucked off. This means that the illness should not reoccur in areas that have been consistently and thoroughly sucked off. Conservative therapy can prevent a progression of the illness in individual cases; however, a real recovery can usually not be achieved without an operation.
- **Can the illness be cured?**
Not, it cannot, unfortunately. It is unlikely that the lipoedema will reoccur in areas that have been treated with liposuction. It is not possible to prevent it from appearing in hitherto unaffected areas, however. This means that nobody can prevent a lipoedema affecting the arms after the legs have been treated. In this case, patients can only repeat the treatment in the newly affected areas.
- **Can the lipoedema reoccur in areas that have already been treated with liposuction?**
After careful liposuction, it is unlikely for the same areas to become affected by lipoedema again. However, this does not mean that patients should eat more calories than they need, as this can lead to a renewed increase in weight. However, these new fat deposits can usually be reduced by a diet.
- **Should affected veins be operated before or after liposuction?**
This depends on how strongly the veins are affected. If they are very much distended, they should be treated before liposuction so as to avoid bleeding.

- **In case of lipoedema, should liposuction be carried out before a pregnancy?**
We recommend having liposuction before a pregnancy, as the hormonal change occurring during pregnancy could give the lipoedema a new boost. Treatment in advance serves as protection from a significant deterioration of the symptoms during pregnancy.
- **What possibilities of skin tightening are there?**
There are two methods for tightening the skin without leaving scars. One is the so-called needling, the other uses a laser system. Both methods are carried out with a full anaesthetic together with the liposuction. The advantage is that no additional operation is necessary, which saves time and reduces costs for the patient.
- **With liposuction, what is the difference between using a local anaesthetic and a full anaesthetic?**
With a local anaesthetic, only small amounts of fat can be sucked off, as there is a limit to the amount of local anaesthetic you can apply. With a full anaesthetic, an additional local anaesthetic is not necessary, so that a lot more fat can be sucked off – at least three to four times the amount.
- **Are the punctures sutured?**
No, they are not. There are two advantages to this procedure: first, as the fluid can drain, the tissue recovers more quickly. Second, the scars are not as visible as with a suture.

Follow-up care

- **Are patients provided with a certificate of incapacity for work?**
Yes, they are. Patients usually receive a certificate of incapacity for work of two weeks. This period of time, however, depends on the professional activity and the healing progress.
- **When can patients be taken home on the day of discharge?**
After the doctor's ward round, patients are dismissed between 9:00 and 10:00 a.m.
- **Are patients mobile again immediately after the operation or is support at home necessary?**
Generally, patients are mobile on the day after the operation. However, they might suffer from cardiovascular problems during the first three to ten days. Therefore, we recommend organising support for the first days after the operation.
- **When can patients start doing exercise after the operation?**
Patients should not do any sports in the first two weeks so as to give the body sufficient time for regeneration. After this time and when the punctures have completely healed, patients can begin with swimming and walking. After six weeks, patients can start increasing the amount of exercise to reach their normal level.
- **Should certain types of sport be avoided after the operation?**
"Vibration sports", such as jogging, Zumba, trampoline or sports that stress the cardiovascular system should be avoided.
- **Are patients given pain killers to take home and how long should they take them?**
At discharge, patients are given a prescription for an iron/vitamin product and for pain killers. These should be taken according to instructions. Usually, patients do not need any pain killers after one to two weeks.
- **How can patients speed up their recovery?**
A healthy diet is essential before the operation. After the treatment, patients should ensure sufficient fluid intake. In addition, electrolyte balance should be maintained, e.g. by eating dried apricots and bananas and by taking the prescribed vitamin/iron products.
- **When does lymphatic drainage begin and how long will it continue?**
Lymphatic drainage will be carried out by our physiotherapist on-site on the day of the operation and on the day of the discharge. From the time of discharge, we recommend the following cycle as minimum treatment. More frequent treatments are better.

- 1st to 2nd week: 3 times
- 2nd to 4th week: 2 times
- from the 5th week onwards: 1 time

Should increased swellings occur, we recommend more frequent treatments.

- **What should patients do if the compression clothes cut into the skin?**
The seam of the compression clothes might cut into the skin slightly after the operation. To decrease the pressure, patients can place thin cotton socks or make-up pads between the compression clothes and the skin. If that should not be sufficient, please contact us.
- **What should patients do if the compression clothes get too large?**
Should the compression clothes continue to stretch, the inner or outer seams can be taken in. It is important to place the seam at the outside to prevent bruises.
- **When can patients take off the compression clothes to have a shower?**
Patients can take off the compression clothes from the second day onwards. They can have a shower on the day after the operation with assistance.
- **Should the skin be treated with a special creme after the operation?**
Moisturising lotions are good for the skin. We particularly recommend mixing normal lotions with oils containing the Vitamins A, C and E.
- **When are patients allowed to drive?**
After a treatment with a full anaesthetic, patients are not allowed to drive or cycle for 48 hours.
- **Are patients given something to prevent thrombosis?**
Every patient is given heparin before and after the operation in the clinic. At discharge, patients are provided with further individual doses of heparin to prevent thrombosis. These should be taken according to instructions.