

Amron MD

Preparing for Liposuction with Lipedema

By Dr. David Amron

[Lipedema](#) is a complicated disorder that doctors are still learning how to treat, both medically and surgically. Medical treatments, such as various supplements and medications, have proved to be little relief for lipedema patients. While these approaches can foster temporary relief, they're not a permanent cure. As mentioned in my previous entries, I strongly believe in treating this condition with [tumescent lymphatic-sparing liposuction](#) – in fact, it's the only approach I'll take.



This procedure surgically removes the diseased fat tissue from the body. Not only is this approach the safest, furthermore, it helps prepare the tissue by reducing the bleeding during surgery and it gets a much more pure removal of the fat. Lastly, it's very important in terms of patient positioning – a vital aspect to lipo-sculpture, especially with lipedema patients and these areas.



This type of liposuction is extremely difficult to perform, and my approach entails highly specific techniques (which I'll cover in my next entry). Once the fat tissue is removed through liposuction surgery, the swelling in these lipedema patients is greatly reduced. My patients quickly experience a great resolution of their symptoms, such as the chronic pain and discomfort they previously endured.

I'm still continuing to refine my [patient-aftercare technique](#) specifically for those with lipedema, but it all depends on the stage of condition. For stage one patients, most do completely fine with the typical compression garments for liposuction. Certainly MLD can hasten the resolution of some of the swelling, but it's not as vital as it is for patients with more advanced stages of lipedema.

Stage two patients are usually bandaged and wrapped right after surgery, and follow up with a trained MLD therapist for compression therapy thereafter. Postoperative care is essential regarding patients recovering from the third stage of lipedema, or lipo-lymphedema, and I work very closely with Vodder trained MLD specialists.

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The only cure proven to rid lipedema patients of their pain is tumescent lymphatic-sparing liposuction. But how does this procedure do to cure it? Is it essential for lipedema to be treated specifically with this type of liposuction? Will all symptoms be healed, and how long is the recovery process? What does aftercare involve? Dr. David Amron answers these questions and more in “Preparing for Liposuction with Lipedema.”