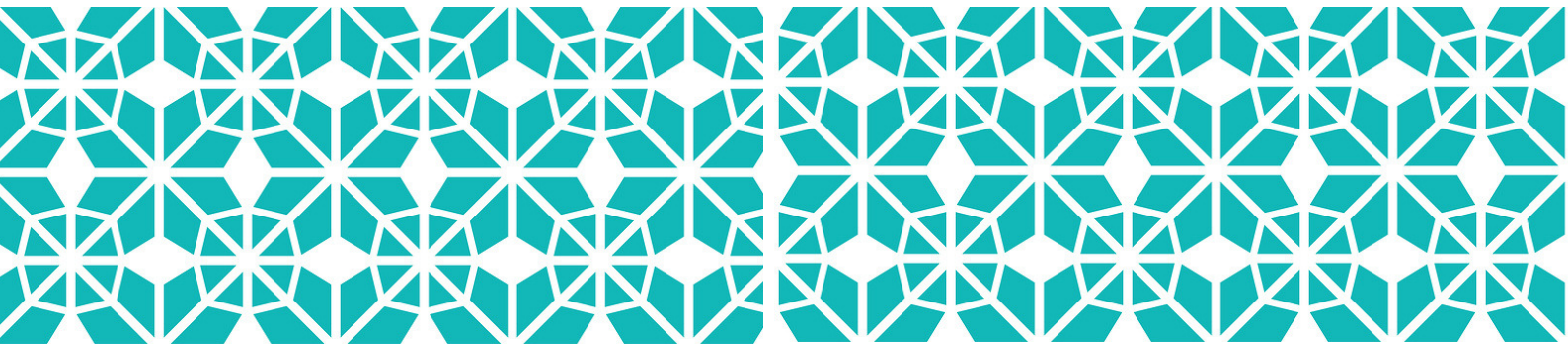


Water Assisted Liposuction *for Lipoedema*



Naveen Somia Plastic Surgery



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P 61 2 9387 2110 E info@naveensomia.com.au

Sydney - Bondi Junction & Bella Vista



Dr Naveen Somia

MBBS, FRACS, PhD
Specialist Plastic Surgeon

Dr Somia trained in Sydney, Melbourne and the US and is a Fellow of the Royal Australasian College of Surgeons (FRACS), President of The Australasian Society of Aesthetic Plastic Surgeons (ASAPS) and a member of the Australian Society of Plastic Surgeons (ASPS). He recently celebrated his 11th year in private practice.

Dr Somia has been successfully treating patients with lipoedema since 2013 and after visiting Dr Josef Stutz in Germany in 2016 has been performing water assisted liposuction for lipoedema at The Hospital For Specialist Surgery in Bella Vista, Sydney Australia.

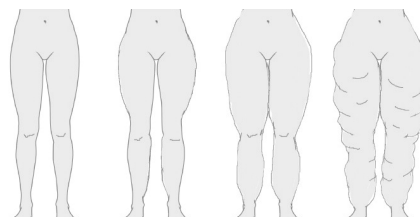


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What is Lipoedema?



Lipoedema (or Lipedema) is a painful fat disease affecting approximately 11% of women. It is often misdiagnosed as obesity or lymphadema and may lead to issues with mobility. Research is in its infancy, however genetics and hormones clearly play a role. Diagnosis is mainly visual.

Signs include:

- Legs are enlarged bilaterally and symmetrically (arms can also be affected)
- Family history - suspected genetic pre-disposition
- Change is noticed in the limbs when significant hormonal events occur such as puberty, pregnancy, menopause
- Diet and exercise have no effect on the lipoedema fat itself
- Waist is small in proportion to the thighs, buttocks and legs
- Feet and hands are exempt and a "bracelet" effect can appear just above the ankles and wrists.
- Legs/arms can be painful to touch.
- Bruise easily
- The fat is soft to touch and wobbly, skin can be cold to touch and has a cellulite appearance.

What Treatments Are Available?

There are a number of conservative or non surgical treatments available including diet, exercise, Manual Lymphatic Drainage, Endermologie, Compression and others. Surgical options are also available to help reduce the painful fat.

Lipoedema Resources



For more information on conservative treatments and lifestyle see lass.org.au, lipedema.org, fatdisorders.org. You may also find the Lipedema Giving Smarter Guide helpful: philanthropy.milkeninstitute.org/lipedema/



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Conservative Treatments

Diet & Exercise

Eat well and keep well hydrated.

Read "The Lymphedema & Lipedema Nutrition Guide" by Ehrlichk, Iker, Herbst, etc - Amazon.com

Cut out the nasties like smoking as soon as possible. Look after your skin keeping it well hydrated.

Exercise. Keep moving: Walk, Water activities, Yoga and Weights. Start a measurement diary.

*Patients who proactively treat
lipoedema
with conservative methods
respond better to surgery*

Visit a Lipoedema Therapist for MLD/Endermologie & Get Fitted For Compression Garments

Start wearing compression to help reduce swelling. Get measured for custom flat knit compression garments (Class 2) with an experienced lymphadema/lipoedema therapist.

Start Manual Lymphatic Drainage or Endermologie treatments to remove excess fluid and help break up fibrosis. MLD is a gentle form of massage to the connective tissues immediately below the skin to stimulate lymph flow and drainage and helps with pain and swelling. Endermologie re-activates cellular activity and improves circulation. You may find the following home program helpful. naturaltherapypages.com.au/connect/lisahiggins/vides. You may also find benefit from using a vibration plate at home.

SYDNEY THERAPISTS:

Mish Kent - 0448 099 455

Grace Lowther - 0455 110 888

Poche Centre - Carol Morris - melanoma.org.au/about-the-institute/our-team/morris/

Louise Koelmeyer - otaus.com.au/find-an-occupational-therapist/

Lisa Higgins - naturaltherapypages.com.au/connect/lisahiggins/about/26436

For other therapists please see lymphoedemasc.com.au

SYDNEY GARMENT FITTING:

Cosmac Artarmon - http://cosmac.com.au/pdf/cosmac_fitting_centres.html

Appliance and Limb Centre Redfern - 02 9319 1955

garnetmedical.com.au





Prepare for Surgery

Preparation for Water Assisted Liposuction starts 3-6 months before surgery.

To get the most out of your procedure Dr Somia recommends a minimum of 3 months of conservative treatment including lipoedema diet, exercise, MLD/Endermologie, 24/7 compression and a minimum of 4-6 weeks use of the LX9 machine to soften the fat before surgery and maintain lymphatics. You will continue to use the LX9 for 6-8 weeks after surgery. You can rent the LX9 from medirent.com.au/products/compression-pumps/lx-9/.

As discussed above it is important to wear properly fitted garments on all the areas you will have liposuction for a minimum of 3 months prior to surgery. We will provide 2 Medical Z post operative surgical garments on the day of surgery. You will wake up in a garment.

Dr Somia may also ask you to get clearance for surgery from any specialists involved in your care. We will ask you to have a blood test a few weeks before surgery to ensure you are otherwise healthy.

Commence Arnica or Bromelian tablets from the chemist one week before to help with bruising and inflammation. Take as directed.

Do not smoke or drink alcohol 6 weeks before surgery.

Water Assisted Liposuction - You may experience water/blood leakage in the first 24-48 hours following surgery. To prepare for this event, purchase a waterproof cover for your bed and gauze/absorbent pads to carry with you. Take a towel with you to hospital for your return trip home to save the car seats from the leakage.

Co-ordinate with your therapist for treatment post surgery.

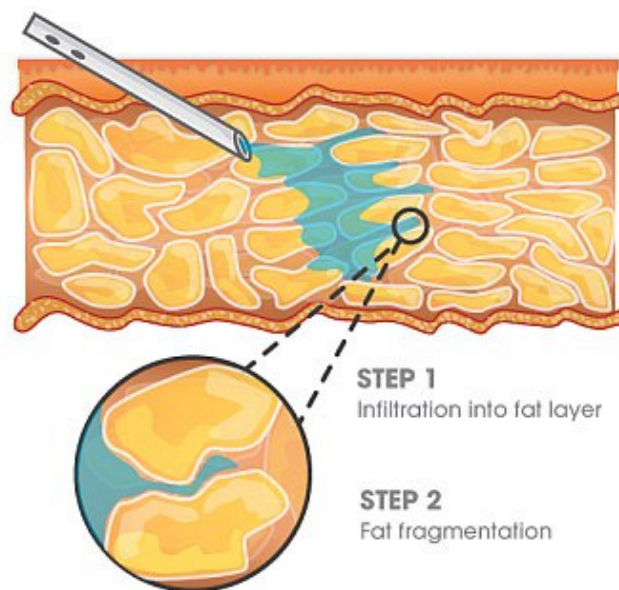


What is the role of Liposuction in Lipoedema?

The aim of liposuction in the treatment of lipoedema is to remove stubborn fat, limit disability and slow disease progression and avoid permanent lymphatic dysfunction.

What is Water Assisted Liposuction?

Water Assisted Liposuction is a precise and gentle liposuction technique where the cannula that sucks fat tissue out has an attached waterjet that separates and removes the fat cells from the surrounding tissues with less damage to lymphatics.



What is the cost?

As a guide the total cost for 4 hours of water assisted liposuction including Dr Somia, specialist anaesthetist, overnight hospital stay, theatre, pre and post surgery pathology testing and 6 months aftercare is approximately \$17,000.





What To Expect During Recovery

- Follow the instructions from the hospital and Dr Somia. Take pain medications and antibiotics as instructed. Do not drive or work for 24 hours after surgery.
- Wear your garment 24/7 except for showering although you can wear your garment in the shower as it will dry off relatively quickly. We recommend wearing the post operative surgical garment for a few days after the surgery before reverting to your custom flat knits provided your flat knits fit you. If they do not fit keep wearing the post operative surgical garment until you receive your new custom compression. The garment helps the fluid drain, minimises bruising and holds your skin in place while it reattaches to the underlying tissue. Best results are achieved when compression is worn for 12 months following surgery.
- You will see Dr Somia one week following surgery and at regular intervals for the next few months. If you cannot travel back to Sydney we will give you a letter for your GP. We will ask you to email photographs so Dr Somia can monitor your progress.
- Co-ordinate with your MLD/Endermologie therapist for treatment post surgery.

WALK, REST, HYDRATE, REPEAT: Keep moving, increase fluids. Walking speeds up drainage, reduces inflammation and aids healing. Increase activity gradually and maintain your measurement diary.

DRESSINGS: It is normal for your dressings to be soaked from the blood tinged liposuction fluid in the following days. You can have a quick shower however you should not soak or be fully immersed in water for at least 2 weeks following surgery. Your wounds will initially be covered by a waterproof dressing. If this dressing gets wet remove it and gently pat the wound dry and cover with a fresh dressing. You can wear your garments in the shower as they dry relatively quickly or you can remove it for showering purposes only.

SWELLING AND BRUISING: You will swell to your original size or even larger. This will peak at 3-5 days and then begin to subside. You may also experience swelling and bruising in the ankles and genitals. Swelling takes 6-12 weeks to subside.



What To Expect During Recovery continued

ITCHING, NUMBNESS AND TINGLING: Itching of the treated areas is normal and indicates healing. Numbness and tingling is also normal and in most cases resolves in 3 months.

DRAINAGE: Most stops in 24-48 hours. You may find it helpful to carry absorbent pads.

CONSTIPATION/MENSTRUAL CYCLES: Removal of the fat cells may result in constipation, loose or fatty stools and a more intense period.

FAQS

WHEN WILL I SEE RESULTS?

Lipoedema patients respond differently to liposuction compared to non lipoedema patients and recovery times vary. It cannot be guaranteed that removal of fat will translate to improved symptoms, improved mobility, a better contour or an aesthetic improvement. Because the skin is involved in lipoedema, a cosmetic outcome is difficult to achieve. "Final results may not be visible for 12-18 months"- Dr J Stutz.

WILL I NEED ADDITIONAL SURGERY?

This depends on the degree of treatment required and the areas that you would like treated. There is a limit to the amount of fat that can be removed in one surgery safely. You can discuss this further during consultation based on what your individual needs are. Sometimes, following surgery skin doesn't spring back and this may require an additional procedure.

CAN I CLAIM FROM MEDICARE/FUND OR USE MY SUPER?

Unfortunately, at this time Liposuction treatment for lipoedema is considered by medicare and health funds a cosmetic procedure and cannot be claimed. Previous attempts to access super for plastic surgery procedures have had limited success as the criteria for super release is acute, life threatening conditions.





Next Steps

Do you have more questions or would like to schedule a time to see Dr Somia? Please call us on 02 9387 2110 or email info@naveensomia.com.au.

An initial consultation is \$280 and you can claim \$73 back from medicare if you have a referral from your GP. You will need a credit card to book.

If you live outside Sydney and travel is difficult please send us an email to info@naveensomia.com.au with front and side photographs and who body to show proportions along with a brief history including the following:

- * Have you been diagnosed? When and by whom?
- * Which areas concern you?
- * Onset of your symptoms - ie puberty, menopause, pregnancy etc
- * Is there a family history of lipoedema?
- * Current and past conservative/surgery treatments for lipoedema
- * Any other pre-existing health conditions and medications.

We hope you found this information helpful. We look forward to seeing you soon.

