

Liposuction offers long-lasting benefits for lipoedema

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(HealthDay)—For patients with lipoedema, liposuction offers lasting benefits, with similar benefits seen at four and eight years after surgery, according to a study published online Nov. 17 in the *British Journal of Dermatology*.

Axel Baumgartner, from the Hanse-Klinik in Lübeck, Germany, and colleagues examined the long-term follow-up among 85 patients with lipoedema whose complaints had been examined after four years. The patients were mailed questionnaires at eight years after liposuction to assess whether there was improvement of complaints.

The researchers found that the patients' improvement in spontaneous pain, sensitivity to pressure, edema, bruising, and restriction of movements persisted at eight years versus four years. Patient self-

assessment of cosmetic appearance, quality of life, and overall impairment also persisted at eight years compared with four years. The reduction in the amount of [conservative treatment](#) (combined decongestive therapy, [compression garments](#)) was similar at eight years after surgery and four years earlier.

"These results demonstrate for the first time the long-lasting positive effects of liposuction in [patients](#) with lipoedema," the authors write.

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