

Abstract

Consensus on Compression of Lipoedema

Compression therapy has always been and remains an important element of best practice in the treatment of patients with lipoedema. Nevertheless, the change in the pathophysiological view of lipoedema alters the indication for wearing compression stockings. The basis for prescribing compression therapy is no longer the oedema, but rather the frequently demonstrated anti-inflammatory effects it has on the subcutaneous tissue. Studies in phlebology and sports medicine have shown that compression has a remarkable effect on the inflammatory processes in subcutaneous tissue.

However, no data are available on the anti-inflammatory effects of compression in lipoedema.

There is much to be said regarding the effects of compression as synergistic with the effects of active movement. Both these therapeutic options have an anti-inflammatory effect and a positive impact on the tissue hypoxia.

Conveying this information to the patient is a key task in the health professional-patient communication.

Besides providing symptomatic relief, compression also supports the soft tissues, reduces the mechanical impairment of movement from skin lobes rubbing against each other and improves mobility.

Aesthetic criteria with respect to the quality, color and pattern of the material, as well as the contouring effects of the compression, can also increase patient compliance and enhance social participation.