

Consensus of the European lipoedema forum: Liposuction for the treatment of lipoedema, yes, but...

Introduction:

Many doctors who offer liposuction to treat lipoedema propagate, that “this surgical procedure leads to comprehensive and long-term improvement of lipoedema”.

Aim:

We have been able to show that there is a considerable gap between these euphoric promises made by surgeons, and the current findings on liposuction. There is no doubt that in those cases a financial conflict of interest may exist. There are deficits in the quality and settings of many studies about this issue, deficits which lead to doubt with regards to these statements.

Method:

For this reason, the senior author of this abstract organized the 1st and 2nd European Lipoedema Forum and invited renowned lipoedema experts from different European countries to discuss on this subject with the goal to establish a consensus about the treatment options in cases of lipoedema.

Conclusions:

All experts of the European Lipoedema Forum agreed that liposuction can lead to an improvement in a patient’s lipoedema, but the correct selection of patients according to medical criteria is the decisive factor for therapeutic success. The main contraindication for liposuction exists in patients simultaneously presenting with severe obesity and lipoedema. Liposuction is definitively not a method to be used for treating obesity.