

A Helping Hand

My post Lipoedema liposuction experience with DEEP OSCILLATION

2015



My Lippy History

- 2007 Diagnosed with Lipoedema and given compression to wear at Leeds clinic.
- Nov 2014 Diagnosed as stage 3 Lip-lymphoedema by Dr Stutz in Germany.
- March 2015 Medical Liposuction to my inner legs to improve my poor gait & save my knees.
- April 2015 Medical Liposuction to remove bulk from my legs to alleviate pressure & pain.



Why Deep Oscillation?

I am lucky enough to know Julie and Mary who run the company Physio Pod through the support group I run for ladies with Lipoedema; Lipoedema Ladies. DEEP OSCILLATION was exhibited at our Big Meet and I was very lucky to get to have one of the taster massages they offer to our ladies during their time with us. I can only describe the feeling as a gentle buzzing, not one bit painful and rather enjoyable when part of a Simple Lymphatic Massage.

I felt benefits of a lighter feeling in my legs and less pain after just this taster session. I didn't know why or how... only that I liked what it did to my legs.

A few weeks later I had my 6 monthly appointment at the lymphoedema clinic and they had acquired a HIVA MAT 200 for use in clinic, I didn't need asking twice if I would like to 'try' this treatment. I relished my 3 sessions at the clinic and indeed my nurse could see a positive difference in my skin colour and sensitivity. Due to lack of staff and appointments the 3 sessions were to be my lot. I could only hope that my upcoming liposuction would lessen my reliance on an overstretched NHS service.

Water-Jet Assisted Liposuction (WAL) for Lipoedema

Surgical treatment of Lipoedema is best performed using Water-Jet Assisted Liposuction (WAL), a proven lymph sparing liposuction performed under local tumescent anaesthesia(not general). Research shows lymph sparing liposuction yields good long term results in reduction of Lipoedema pain and in stopping the progression of Lipoedema. (Cornely et al., 2006; Schmeller et al., 2006; Warren et al., 2007; Stutz & Krahl, 2008; Rapprich et al., 2011, 2012)



My very swollen and deformed ankle and foot prior to Deep Oscillation

The compression given post surgery is from ankle to waist, it does not cover or compress the foot, therefore my right ankle and foot were severely swollen and deformed.



After 12 days of Deep Oscillation using the HIVA MAT 200

After one treatment the skin felt less tight on my foot and ankle, after the second the tissues were less swollen. Every treatment after it continued to improve in the same manner, after 12-14 days it was back to (my) normal.

Continued

I have spent many years researching Lipoedema, the treatments and medical papers before I made the decision that Dr Stutz and WAL would be the way forward for me.

I did not overlook my recovery and after more research and personal experiences trialing therapies that are available to boost healing and also care for the lymphatic system, I turned to DEEP OSCILLATION and their Deep Oscillation Machine.

I knew from experience that deep oscillation didn't hurt, I could not say the same of some other lymph boosting machines I tried. I fully expected pain from the liposuction procedure itself, but I could not face using a therapy that could cause more pain or discomfort on top of my post surgical pain. I wanted to be as kind and as gentle as I could to my legs, to give them the best possible chance to adjust to the changes and still heal in a timely manner to appease my demanding young family.

I loaned a HIVA MAT 200 machine from DEEP OSCILLATION with a view to buying the smaller and more refined personal DEEP OSCILLATION machine unit. I started the deep oscillation therapy 7 days after my liposuction. For the first week it is a requirement of the procedure to wear ankle to waist compression continuously without removal, you even shower in the garment.

I do have a compromised lymphatic system and have lymphedema diagnosed in my right leg so I have worn knee high compression garments for many years. I had never found full length that was comfortable enough to wear day in - day out.

As mentioned previously I have lymphatic impairment in my right leg, so consequently I have worn knee high compression stockings for many years. The compression given post surgery is from ankle to waist, it does not cover or compress the foot, therefore my right ankle and foot were severely swollen and deformed.

Here is where the DEEP OSCILLATION machine really shows its worth. After one treatment the skin felt less tight on my foot and ankle, after the second the tissues were less swollen. Every treatment after it continued to improve in the same manner, after 12-14 days it was back to (my) normal.

I used the machine 2-3 times a day in the first week and 1-2 times a day there after. It really helped my legs mend and recover after the liposuction. I have hypermobility and the accompanying thin skin that takes it time to heal, I think the DEEP OSCILLATION machine helped my healing. I know for certain sure it resolved my swollen ankle and foot, and then kept it stable until I could start wearing my knee highs under the compression leggings.

I have my next liposuction session in November, this time it is my arms being treated. I will have with me the very portable DEEP OSCILLATION personal unit.

The personal unit is small and light enough for my hand luggage, so perfect for my greatest times of need - air travel. The added benefit of being able to choose another programme to treat different conditions that a member of my family might have, and forgoing a trip to a specialist is wonderful.