



Lipoedema
Surgical Solution

walk with freedom

*Our Mission is
to help every
woman with
Lipoedema feel
understood,
empowered,
in control of
their health, and
hopeful about
their future.*

*Image featuring Gillian
from our 2022 Lipoedema
Awareness Photoshoot.*

OUR TREATMENT *Journey*



CONSULTATION & DIAGNOSIS

Understanding Lipoedema is the first step toward managing it effectively. Whether you're seeking diagnosis or exploring treatment options, having the right information empowers you to make informed decisions about your care. Lipoedema is a chronic condition involving an abnormal buildup of fat, primarily in the legs and arms, often causing pain, swelling, and mobility challenges.

Group Zoom

Our doctors will explain our protocol, conservative & surgical management options, timeframes, & answer any questions.



Prepare

Complete your medical questionnaire, upload photos & watch 4 videos within our Patient Portal.



Telehealth Call with Doctor + Diagnosis

Individual case summary & diagnosis, letter to your medical team, refer for tests, receive conservative management plan.

CONSERVATIVE MANAGEMENT

There are pillars of treatment that patients should consider. These may be a prelude to surgery. However, even if a patient is not considering surgery, it is important to ensure all elements of conservative management are understood and implemented to avoid serious implications of Lipoedema in the long term.

These treatments will be detailed during your initial consultation with Dr Lekich and his team and may include:

- Wearing flat knit compression garments
- Accommodating possible diet and lifestyle adjustments
- Undertaking Manual Lymphatic Drainage (MLD).

SURGICAL PROTOCOL

Our team will provide you with an Information Pack outlining the details of surgery, as well as how to prepare and what to expect after surgery.

The surgical protocol will be explained in detail, however, the essential features of the surgery are:

- Our team takes a holistic, medical approach to your condition, not a cosmetic one, although aesthetic improvements can follow
- Diagnosis and treatment are underpinned by onsite ultrasound for a complete approach to managing comorbidities, such as, varicose veins and to monitor progress post-surgery (DVT surveillance and seroma management)
- Surgery is performed using the lymph-sparing German protocol of Water Assisted Liposuction
- Minimally invasive technique for LipoExtraction surgery, using tiny incisions with no long scars
- Bilateral approach where both legs (or arms) are treated at the same time to optimise balance, function and form
- Staged approach to remove the Lipoedema fat from the hips all the way to the ankles (and from the arms/shoulders to wrist)
- Our doctors perform Renuvion either in combination during the primary Lipoedema and Lymphoedema extraction surgery or 9 to 12 months after surgery
- Specialist anaesthetists are used with a focus on early ambulation so that patients can walk out into recovery to prevent DVT
- The interval between surgeries is usually 6-8 weeks
- Post operative flat knit compression garments and manual lymphatic drainage is required, long-term this will not be required for most patients
- The approach and order of surgery may be modified depending on the impact of the Lipoedema tissue
- Dr Lekich and the team will be available in the post-operative period for continued support.

THE SURGICAL SOLUTION FOR LIPOEDEMA IS:



Minimally Invasive

No open surgery, small incision points for waterjet assisted treatment, no long scars



Symmetrical

Both legs treated at the same time, usually starting with the lower legs, to optimise balance, function and form following surgery



Holistic

Diagnosis and treatment are underpinned by ultrasound for a complete approach to managing your condition

THE ULTIMATE GOAL FOR SURGERY IS:

#1

Remove the damaging, inflammatory fat to preserve lymphatic health and circulation of the legs. This is not a cosmetic approach to liposuction

#3

Preserve mobility and reduce degenerative conditions such as arthritis in the hips, knees and ankles

#2

Avoid the long-term dependence on compression garments and manual lymphatic drainage

#4

Regain freedom from the psychological burden of Lipoedema

Our Surgical Standard

The standard of surgery is minimally invasive, not requiring open surgery. This Lipo-Extraction is a medical treatment for Lipoedema of the legs and arms, aiming to arrest the disease.

Our doctors are sub-specialised in lipoedema surgery based on the 20 year German Lipoclinic protocol and Dr Lekich's formal training in Germany in 2017 with Dr. Heck and his surgeons.

Dr Lekich has further expanded this German lipoedema/lymphoedema extraction surgery, to develop the Lipoedema Surgical Solution and Miami Private Hospital protocol, to include the management of comorbidities including holes in the heart and varicose veins prior to surgery for optimal safety and recovery.

The doctors at Lipoedema Surgical Solution are formally trained to manage lipoedema and perform lipoedema/lymphoedema extraction surgery as per the German Lipoclinic, which goes beyond general liposuction used for cosmetic and plastic surgery. This protocol and scope of practice has been documented and submitted to all the major medical defence organisations in Australia advocating for changes so that lipoedema is treated as a disease to make the surgery more accessible and more affordable.

At Lipoedema Surgical Solution we have created our own

formal SITA (Surgery in training and Assessment) mandating 100 directly supervised surgeries to cement expertise and scope of practice under the Lipoedema Surgical Solution and Miami Private Hospital protocols.

It is important to note that no specialist college in Australia provides formal training in lipoedema surgery, and in fact most surgeons have never been trained in Lipoedema at all. The titles 'surgeon' and 'specialist' implies that a doctor has graduated from a specific medical college that provides allowance for their graduates to be called a 'surgeon' or 'specialist'. Doctors who haven't graduated from these colleges cannot use the title surgeon, even though they can perform surgery.

Specialist registration does not assume expertise or scope of practice where the management of specific medical conditions, such as lipoedema, are not part of their college curriculum. For a doctor to be able to practice, their scope of practice is scrutinised by their Medical Defence Organisation (which is the insurance they must have to be allowed to practice), peer review, and approval by the Medical Advisory Committee at the hospital where they perform surgery.

Any surgical procedure carries risks. Patients should seek a second opinion.

HOW DOCTORS & THERAPISTS CAN SUPPORT PATIENTS



There are many ways that Doctors and Therapists can support patients with Lipoedema. Some of these support programs are outlined below.

A full list of support programs and initiatives including links and reference articles can be viewed on our website: www.lipoedemasurgicalsolution.com

1. Chronic Disease Management Plan

A Chronic Disease Management is a GP service available on the Medicare Benefits Schedule (MBS), which enable GPs to plan and coordinate the health care of patients with chronic medical conditions, including patients with these conditions who require multidisciplinary, team-based care from a GP and at least two other health or care providers.

Recommended allied health providers for Lipoedema patients may include:

- Physiotherapist for manual lymphatic drainage (MLD) and compression prescription
- Podiatrist to help with gait issues
- Exercise physiologist to help with strengthening knees and core, assist with rehabilitation, improve fitness and assist with weight loss
- Occupational therapist for patients with mobility impairment; and/or
- Dietitians and nutritionists may be helpful in assisting Lipoedema patients to determine a suitable nutrition plan that includes anti-inflammatory focus, low carb and high fat foods, clean eating (no additives). Further, literature recommends avoiding caloric restriction as this can worsen Lipoedema.

2. Mental Health Care Plan

A mental health care plan is a plan for people with a mental health disorder, such as depression, anxiety, body dysmorphia or eating disorders. The patient may be entitled to Medicare rebates, coordinated by their GP, for up to 10 individual or group appointments with a psychologists, occupational therapist or social worker.

3. Compression Garment Schemes (State Based)

Patients that suffer with secondary Lymphodema may be eligible for the provision or subsidy of compression garments. The eligibility, subsidy and prescriber guidelines differs between states. A comprehensive list of state-based subsidies can be found on website of the Australian Lymphology Association. Patients are encouraged to do their own research regarding what they may be entitled to and who is the best doctor or therapist to prescribe their compression garment scheme.

4. Disabled Parking Permit

Dependent on state-based rules, a disabled parking permit may be appropriate for patients with advanced Lipoedema who suffer with pain and who have mobility issues. Patients should discuss eligibility with their GP; as well as research the rules for obtaining a permit with their local department of roads and transport authority.

Awareness

One of the biggest challenges with Lipoedema is the lack of awareness – it remains a widely unrecognised and misunderstood condition. Increasing public awareness is crucial, as it empowers women to seek answers and helps drive momentum for government and Medicare recognition.

Ride to Walk With Freedom is a global awareness campaign founded by Dr Chris Lekich to bring attention to Lipoedema – a condition he is deeply passionate about. After witnessing firsthand, the lack of recognition, delayed diagnoses, and limited treatment options available to women, Dr Lekich created this initiative to drive awareness, education, and systemic change.

Through endurance cycling challenges, expert collaboration, and patient storytelling, the campaign continues to shine a light on Lipoedema, helping more women find answers and access the care they deserve.



***“Love yourself
you deserve it.”***

~ Jamie



Image featuring Jamie from our 2022
Lipoedema Awareness Photoshoot.



BEFORE
&
AFTERS



3 Surgeries, Age 30-45, 28.2L of lipoedema
fat removed, Interstate, Stage 3+

5+ Surgeries, Age 45-55, 17.2L of lipoedema
fat removed, Stage 4

ABOUT OUR DOCTORS

The doctors at Lipoedema Surgical Solution are primary care doctors with a special interest in Phlebology. Phlebologists are experts in managing swollen limbs caused by venous, lymphatic and lipoedema diseases.

Dr Chris Lekich

Dr Chris Lekich is the Medical Director of Lipoedema Surgical Solution. Dr Lekich has collaborated with the world's leading Lipoedema Surgeon, Dr Heck of Germany's LipoClinic. Dr Lekich has made several visits to Germany for personalised training with Dr Heck who has become his mentor and good friend. Dr Heck has also personally spent several days visiting Miami Private Hospital in 2017 hosted by Dr Lekich. This technique of Lipoedema-Extraction surgery has been perfected over 14 years, now making it available in Australia.

Dr Lekich is passionate about training doctors with an interest in phlebology and making Lipoedema surgery widely available to patients. Since starting Lipoedema Surgical Solution, Dr Lekich has worked tirelessly to increase capacity and ensure patients do not have long waitlists for surgery, while their disease continues to progress. Patients do not have long wait lists at Lipoedema Surgical Solution due to the group of doctors trained as experts under this protocol. Lipoedema Surgical Solution doctors have access to a purpose-built hospital that provides priority admission for Lipoedema patients and a dedicated ward for overnight stays. 90% of Dr Lekich's surgeries relate to Lipoedema and Lymphoedema surgery.



ABOUT OUR FACILITY

Miami Private Hospital and its 8 bed overnight ward is the only hospital that is purpose-built for the management of venous conditions and lipoedema surgery in Australia, and arguably, the world.

Your surgery will be performed at Miami Private Hospital. The location of the hospital on Australia's Gold Coast, means our Australian and International patients find it a pleasant and convenient location to recover after surgery; among beaches, nature, and restaurants; with abundant accommodation options. Conveniently situated on the Gold Coast Highway with easy access for you and your support persons, using public transport and direct road access.

Miami Private Hospital is licensed by Queensland Health and has the highest level of accreditation underpinned by a full Medical Advisory Committee.

Miami Private Hospital offers specialist anaesthetists monitoring and administering twilight sedation to ensure the availability of all levels of anaesthesia requested by the patient.

The hospital's onsite ultrasound service allows for pre and post-operative scanning by expert sonographers.




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AUSTRALIA WIDE

HEAD OFFICE

Miami Private Hospital & Specialist Centre
24 Hillcrest Parade, Miami, QLD 4220

For other locations, please refer to our website.



1800 FOR LEGS | 1800 367 534



lipoedemasurgicalsolution.com



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