

## **Use of the LPG Technique in post liposuction procedures**

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### **Introduction**

Our initial emphasis and experience with LPG Technique/Endermologie was as an alternative to liposuction, but approximately 10% of our first patients eventually requested liposuction for improvement of body contours and inability to control weight loss. Conversely, only about 10% of the patients who present for liposuction specifically request Endermologie. We want to improve post-operative results with early Endermologie therapy.

### **Material and Methods**

We treat all patients by tumescent liposuction with standard operative techniques and place them in tight-fitting compression garments supplemented by 5mm thick foam padding worn 24 hours per day for one week. Patients are examined at 2-3 days for contusion and edema and at 7 days for suitability to start post-operative therapy. Gentle, post-operative treatments begin twice weekly at 7-10 days for 4-6 weeks and are advanced in intensity as tolerated. To maintain muscle tone, slow walking around the house is started 2-3 days after surgery.

The studied parameters were: 1) the overall subjective appearance of the shapes and curves seen in a full-length mirror, 2) the amount of skin and subcutaneous fat that is pinched on manual exam, 3) the contours of specific prominences or dimples), 4) subjective appreciation of skin tone and 5) muscle tone, 6) the circumferential measurements of the waist, hips, proximal thighs, distal thighs and the knees, and finally, 7) the body weight.

In our experience, as a supplement to liposuction, it is ideally suited for reduction of cellulite, the weakness of liposuction.

## **Results:**

Based on clinical observation we believe that 75-80% of patients benefit physically and almost 100% experience subjective benefits from post-operative treatment and we offer it to all of our patients in our standard protocol. Benefits include speeding resolution of edema, reducing variability of the early contours, decreasing stiffness and improving skin tone. I will present representative cases and discuss our experience with several hundred patients.

We offer post-operative treatment to all of our liposuction patients and about 30% enter a series of twice weekly treatments for 4-6 weeks starting two weeks post-operatively. Treatments are begun at level 1-2 in the surgical sites and as tolerated in other areas. It is our subjective assessment that the irregularities of edema, induration and contours are improved by the treatments, but no blinded, unilateral trials have been conducted to date in the post-operative setting.

Almost 100% of these patients consider the treatment beneficial. We offer pre-operative treatment to all patients, but few choose to wait for eight weeks of therapy before undergoing liposuction. The few that do, are either not suitable candidates for immediate liposuction due to an overweight condition (generally >25 lbs), or prefer to try something less drastic to avoid surgery altogether.

## **Conclusion**

In our experience the Endermologie technique is highly operator dependent and successful in over 80% of patients as an alternative to and after liposuction. Excellent technique and psychological motivation by the therapist improves the results and active participation and cooperation by the patient is essential, much like in dieting and exercise.