

SDC 2: Pre- and post-operative compression and conservative treatment and published benefits and limitations		
Conservative treatment	Benefits Reported(26)	Limitations(26)
Medical grade compression garments* Nutrition/Anti-inflammatory diet** Decongestive therapy (for lymphedema)*** Home exercise program Maintain or lose weight	Slight decrease in limb circumference Reduction in pain	Does not improve: Mobility Knee mechanics Patient reported measures of quality of life
<p>The conservative treatments used in this case series are the same as those used in a previous pilot study (by TW) to assess nonsurgical treatment of lipedema; in that study, mobility outcomes were followed before and after conservative treatment but did not show significant changes.</p> <p>*20-30 mmHg Sigvaris pantyhose if thighs/buttocks were treated; 30-40 mmHg Sigvaris pantyhose if lower legs were treated; 8-12 mmHg if arms were treated; Marena bodysuit if abdomen was treated</p> <p>**emphasizing unprocessed foods low in refined carbohydrates</p> <p>***96 % of patients were referred to a certified lymphedema therapist.</p>		