

| <b>SDC 2: Pre- and post-operative compression and conservative treatment and published benefits and limitations</b>  |  |   |
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| <b>Conservative treatment</b>  | <b>Benefits Reported(26)</b>                               | <b>Limitations(26)</b>  |
| Medical grade compression garments*<br>Nutrition/Anti-inflammatory diet**<br>Decongestive therapy (for lymphedema)***<br>Home exercise program<br>Maintain or lose weight  | Slight decrease in limb circumference<br>Reduction in pain | Does not improve:<br>Mobility<br>Knee mechanics<br>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> |  |   |