

BIO COMPRESSION PUMP PROTOCOL:

Water Assisted
Liposuction
(W.A.L)
for Lipoedema



This protocol has been developed by Medi-Rent in consultation with Dr. Naveen Somia

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PUMP PROTOCOL**

Water Assisted

Liposuction (W.A.L) for Lipoedema

INTRODUCTION

The Bio Compression pump is recommended to be used daily for 3 weeks prior to liposuction in order to evacuate excess oedema and soften tissue texture. Continuation of daily Bio Compression use after the procedure is recommended for 3 months.

This document is intended as a guide for patients, if you have concerns about treatment effect or settings please contact your health professional or Medi-Rent directly on 1300 726 666.

Your body will adapt to compression with regular use. For best effect, review the settings every 3 days to ensure you are receiving optimal results.



BIO COMPRESSION TIMELINE



PRE SURGERY: USING THE BIO COMPRESSION FOR THE FIRST TIME

1. Turn the device on at the power button and adjust the settings as required. Refer to the Quick Start guide for device operation and setup.

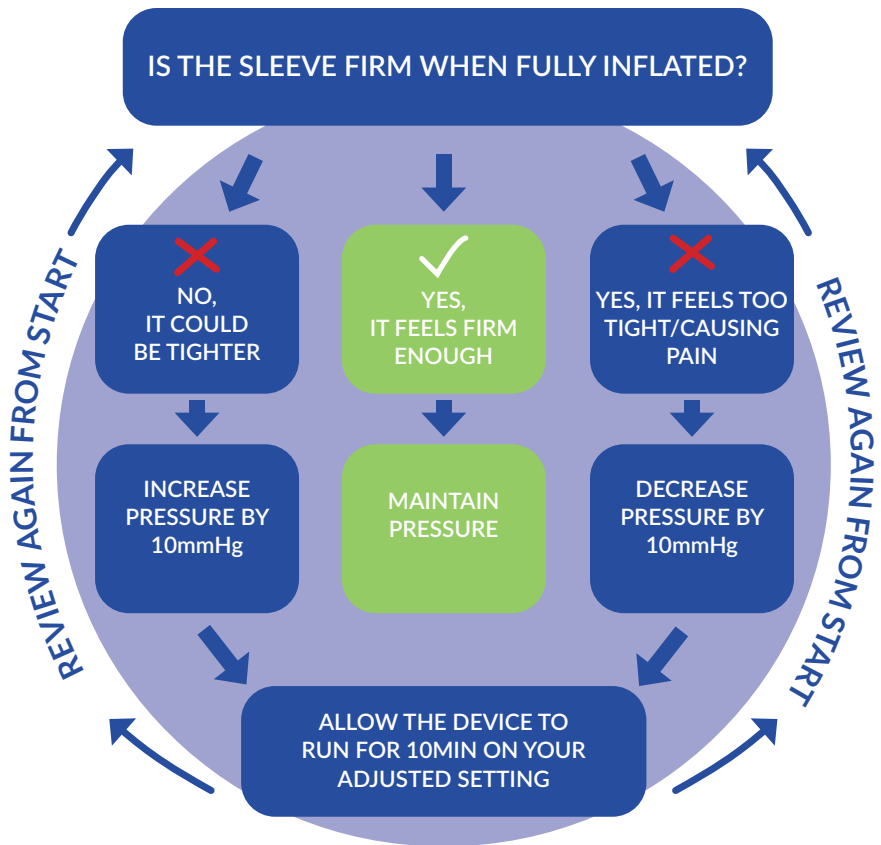


2. Set yourself up with the garments on, air hose plugged in, and seated in a comfortable position. Press the **Start** button.

3. After 10 minutes of treatment, follow the steps on the next page to navigate through making adjustments to the settings.



A. FIND THE PRESSURE THAT IS BOTH EFFECTIVE AND COMFORTABLE FOR YOU.

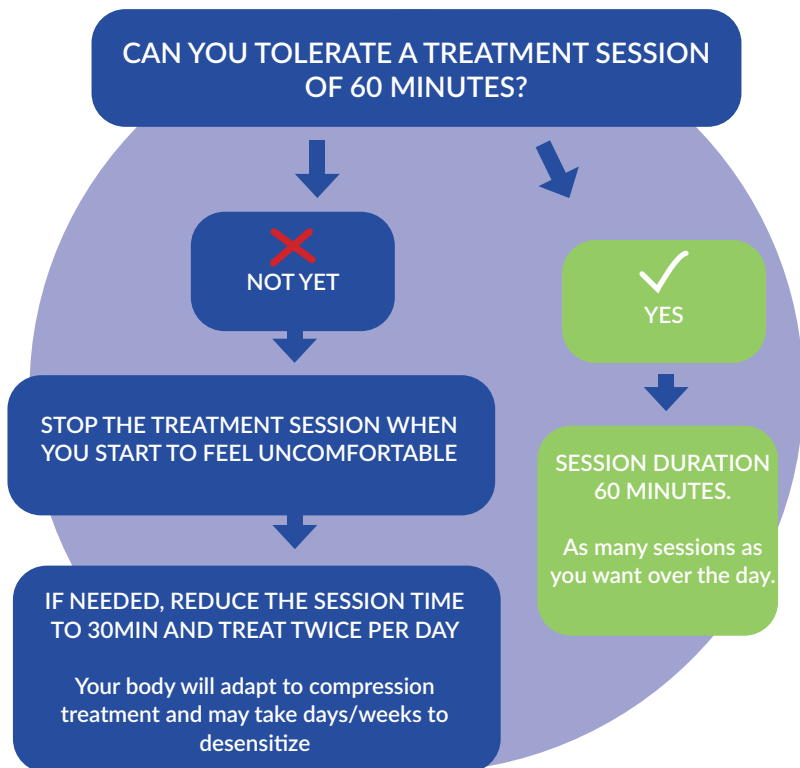


NOTE: Do not increase pressure greater than 30mmHg in any one session.

TIP:

If the pressure is causing pain, your body will resist fluid evacuation. Do not persist with pressure at a level that causes discomfort or pain

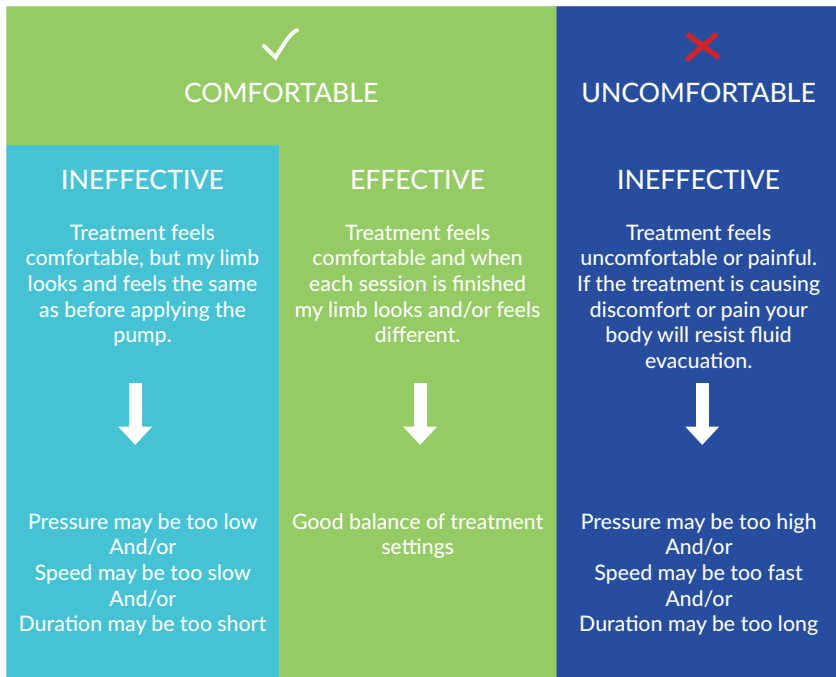
B. FIND THE DURATION & FREQUENCY FOR BEST TREATMENT EFFECT



TIP:

*There is no limit to how many sessions you can do per day.
When oedema is present, two or more sessions per day will achieve a better effect*

4. Follow the flow charts below to determine if your pump needs adjusting..



5. Next session start at the new settings.

You will reach a plateau in progression where the treatment is comfortable and effective and does not require further progression. Until you reach this point, it is recommended the settings are reviewed every 3 days.

POST SURGERY:

To assist evacuation of post-operative oedema and improve circulation Bio Compression use is recommended to be continued for 12 weeks. You may recommence compression therapy treatment the same day as your surgery with **the same settings that you started with 3 weeks ago.**

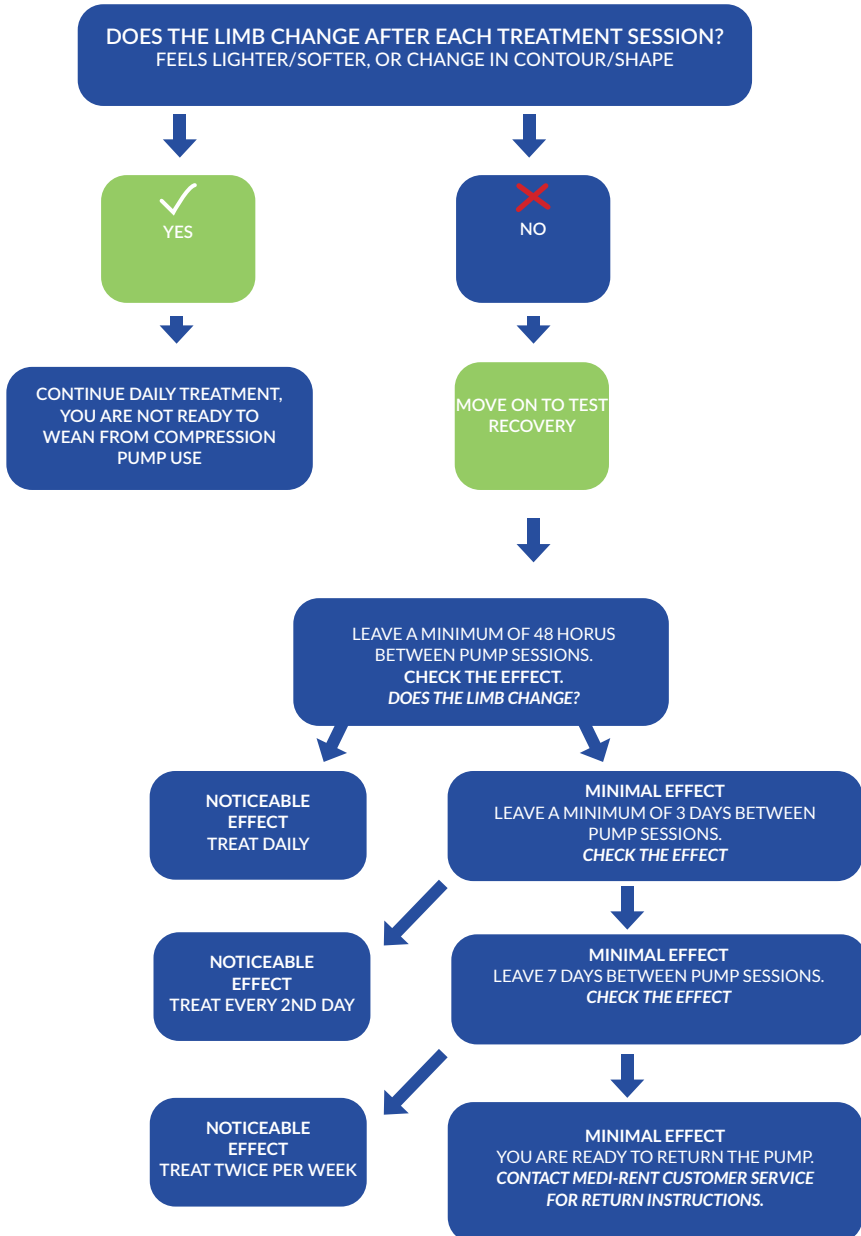
Please review the Pressure and Duration using the questions and prompts on the previous page to ensure comfortable treatment.

You are expected to be able to progress to the same settings you reached pre-operatively over the first week.

Some patients may decide to purchase the compression pump at the three month timepoint depending on treatment effect.



6. Decision to continue using the compression pump - Beyond 3 months.





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