



Dr Naveen Somia - Specialist Plastic Surgeon

## Lipoedema - IPC pump Biocompression/LX9 pump

### Arrange your pump well before surgery

You will pump for 6 weeks before surgery to soften the tissue and prepare your legs for surgery. After surgery you will pump for at least 6 weeks (many pump for 3-6 months or longer after)

### Choose a pump

Many patients report the "bio compression pump" to be superior given it is one garment and includes the abdomen (separate bio compression legs are available if you prefer). Pumps found on amazon and ebay are not adequate for surgery and can do more harm than good.

### Hire your pump

Go to <https://www.medirent.com.au/products/compression-pumps/biocompression-biopants/> and download the form to order your pump. Questions: contact medirent on 1300 726 666. Expect delivery to your home address within 2 weeks.

### Complete the medirent form

Tick the "16-chamber" box and "standard programming" where it asks. Take measurements as shown in the diagram. There are only 2 or 3 sizes of pants or custom pants are available if you fall outside their standard sizing.

### Program your pump to the best setting

Play around with the pressure and find a setting that works for you.

**Before surgery:** Most find the standard settings too high initially to tolerate (50mmHg for one hour). Changing the setting to 40mmHg for 1hr is usually tolerated well before surgery. Tip: read the pump protocol on the following pages.

**After surgery (immediate post operative stage):** Turn the pressure down to 25-30mmHg for 30 minutes to check your tolerance. Slowly increase the pressure and duration or turn it up straight away if tolerable. Begin pumping a few days after surgery 2-3 times a day for 1 hour intervals when you can comfortably tolerate it.

Read the instructions in the box for your specific machine on how to physically change the pump settings. Phone medirent if you need assistance.

F O R M E  
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Aesthetic Plastic  
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