

About LipoClinic

The LipoClinic is the world leader in the surgical treatment of lipedema. An estimated 3,500 surgeries are performed here annually following a standardised surgery protocol developed by its surgeons. Dr. Heck and the doctors at the LipoClinic have many years of experience in the diagnosis and treatment of lipedema. Their motivation for focusing on the treatment of lipedema was and still is to raise awareness for the physical and mental suffering of the affected patients, due to the missing recognition of lipedema as a disease, in which sport and diet often remain ineffective.

Dr. Heck developed a completely new and sustainably effective surgical method and established self-developed standards for the surgery.

Thanks to this method, thousands of women can finally live pain-free and without compression garments. They regain a piece of their femininity and start a new life with strengthened self-confidence!



Our success stories



How to reach us:

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Opening hours:
Mo – Thu: 8 am - 5 pm
Friday: 8 am - 1 pm Uhr

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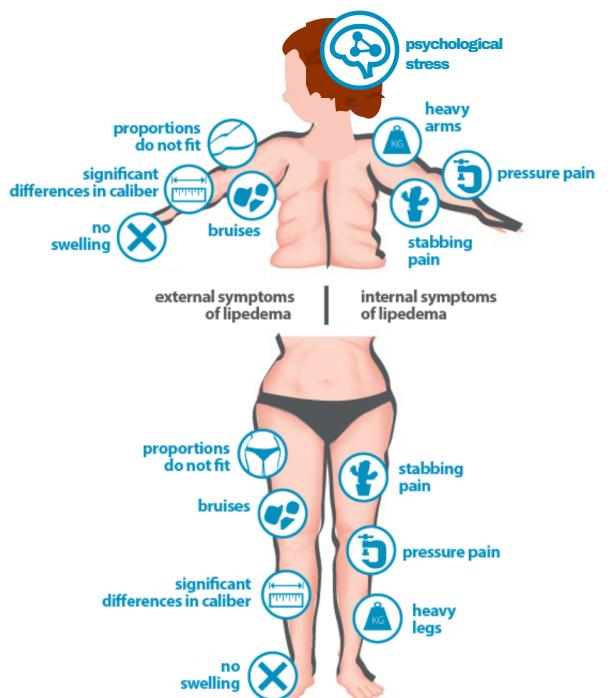
For a new life




LipoClinic
DR. HECK

Lipedema
A disease that
everyone sees and
hardly anyone knows

Foto: Corinna Hansen-Kreuer www.soul-feelings.de



What is lipedema?

Lipedema is a chronic disorder, often genetically inherited and presumably caused by female hormones, resulting in an uncontrolled increase in subcutaneous fatty tissue.

Symptoms

Those affected suffer from great pain, a feeling of pressure and a tendency to bruises on the affected areas. Diets and exercise do hardly have an impact on the lipedema, which often leads to even more frustration and psychological distress.

Stages and types of lipedema

There are three stages and four types of lipedema. Depending on the stage of your lipedema, we will choose the correct therapy for your diagnosis.



Conservative decongestive therapy

The first measure in the treatment of lipedema is the so-called conservative decongestive therapy; a treatment conducted by wearing flat-knitted compression garments and by performing manual lymphatic drainage. However, this therapy is not sufficient as the only form lipedema treatment. Wearing flat-knitted compression garments as well as normalising weight by exercising and eating healthy are essential factors in supporting surgical lipedema treatment.

Flat-knitted compression and lymphatic drainage serve primarily to reduce fluid retention. Nevertheless, these treatments alone do not reduce the pathologically increased fatty tissue formed in the course of lipedema.

Surgical Treatment

Lipedema can only be treated sustainably by surgical treatment. The standard procedure is performed successfully in over 4000 surgeries every year with excellent results for our patients at the LipoClinic. We use the very gentle and well-proven jet assisted liposuction (WAL), in which the fat cells are rinsed out of the tissue composite with a water jet and suctioned off as a part of the same surgery. Publication of the surgical technique developed by Dr. Heck and the establishment of a therapy protocol, the so-called 'Heck protocol'.

Stop lipedema successfully

Studies have shown a reduction in pain caused by lipedema, using the WAL technique. By implementing this method, there are shorter recovery times and a reduced tendency to swelling. The vast majority of our patients becomes pain-free within a few days. Very often no further therapies such as compression garments or lymphatic drainages are necessary in the long term. In the case of a simultaneous illness with lipo-lymphoedema, the WAL procedure also tends to be successful. In these patients, however, the permanent need for wearing compression garments for life despite the surgery persists.

Lipedema can only be treated sustainably by surgical treatment



Karo Schade,
36 years

When a huge weight is lifted from your shoulders, you can get up in the morning again, you can move better, you can enjoy looking into the mirror again, you can pursue your sporting passion again and from now on you can go through life without pain.

Your big dream will come true!



The surgical technique developed by Dr. Heck is named the "Heck protocol"

**Dr. Falk-Christian Heck,
Founder of LipoClinic**

Medical Specialist in General Surgery and Orthopaedics, Medical Specialist in Sports Medicine

It's important to us to give our patients back their quality of life, full of self-confidence, mobility and femininity!