



## **LIPLEG – Liposuction for lipoedema in stages I, II or III**

The LIPLEG study is funded by the G-BA, the basis is the corresponding test guideline. The inpatient and outpatient treatment costs of the study participants are borne by the statutory health insurance funds.

### **Study description**

The trial study is intended to answer the question of the benefits of liposuction in lipedema compared to a sole conservative, symptom-oriented treatment - in particular using complex physical decongestion therapy (KPE).

Lipedema is a massive fat distribution disorder on the extremities. In addition, there is increased water retention in the affected body regions. Lipedema occurs almost exclusively in women.

Since the cause of lipedema is still unknown, the conservative therapy that is usually used throughout the life, such as lymphatic drainage, compression and exercise therapy, aims to relieve the symptoms.

Liposuction is a surgical procedure in which the disease-related increased adipose tissue is removed. As a rule, those affected must be operated on several times for treatment.

### **Scientific details**

Population or Indication	Patients with stage I, II or III lipedema of the legs
Intervention	Liposuction treatment using the "wet technique" and the continuation of the complex physical decongestion therapy (KPE)
Comparator (comparative intervention)	CPE
Outcome (Endpoints)	<p>Primary:</p> <ul style="list-style-type: none"> <li>• Relevant reduction in the average pain in the legs of the last four weeks, 12 months after completion of liposuction treatment (intervention group) or after randomization (control group) compared to the time of randomization</li> </ul> <p>Other endpoints (selection):</p> <ul style="list-style-type: none"> <li>• Change 12 months after completion of liposuction treatment (intervention group) or after randomization (control group) compared to the time of randomization with regard to:</li> <li>• of health-related quality of life</li> <li>• Depressive tendency</li> <li>• Recurrence interventions</li> <li>• (serious) adverse events</li> </ul>

## Independent scientific institution

The G-BA commissioned the Center for Clinical Studies (ZKS) of the Universi-

ty of Cologne together with the dermatology clinic of the Darmstadt Hospital to scientifically accompany the planned study and to evaluate the results.

**Head of Studies:** PD Dr. med. Maurizio Podda

**Website:** [zks.uni-koeln.de](https://zks.uni-koeln.de)

## Study centers

The independent scientific institution selects those study centers that meet the requirements set by the G-BA. The study centers include the appropriate patients in the study and carry out the treatment and follow-up.

**Note:** Only patients who have registered their expression of interest via the website [www.erprobung-liposuktion.de](https://www.erprobung-liposuktion.de) within the prescribed period can participate in this study. A lottery procedure also decides which interested parties are contacted by the study centers and invited to the presentation. However, the study centres cannot provide information on details of the current status or the individual opportunities in the lottery procedure.

City	Name
Bad Belzig	Klinikum Ernst von Bergmann, Department of Plastic, Aesthetic and Reconstructive Microsurgery
Bad Soden am Taunus	Skin Medicine Bad Soden Part G
Bonn	Johanniter GmbH Waldkrankenhaus, Plastic, Reconstructive and Aesthetic Surgery
Darmstadt	Klinikum Darmstadt, Dermatology Clinic
Düsseldorf	MVZ Dermatology Practice Düsseldorf MVZ Corius Nordrhein GmbH
Freiburg	Vein Center Freiburg

Cologne	Clinic and Practice Clinic for Plastic Surgery
Cologne-Dellbrück	Dermatology practice Diana Rajewski
Mühlthal	Dermatology practice Mühlthal
Oldenburg	Evangelical Hospital Oldenburg, Department of Plastic, Aesthetic, Reconstructive and Hand Surgery
Regensburg	University Center for Plastic and Aesthetic, Hand and Reconstructive Surgery of the University of Regensburg, Caritas Hospital St. Josef

**Registration number of the study:**

NCT04272827

**Begin:**

08.02.2021

**Status:**

Study is underway (recording of participants is complete)

**Study protocol:**

Podda M, Kovacs M, Hellmich M, Roth R, Zarrouk M, Kraus D, Prinz-Langenohl R, Cornely OA. A randomised controlled multicenter investigator-blinded clinical trial comparing efficacy and safety of surgery versus complex physical decongestive therapy for lipedema (LIPLEG). Trials. 2021

## Contact

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## Press releases

17.07.2025

**Surgical treatment of lipedema: G-BA includes liposuction in the regular service catalog after positive benefit evaluation**

04/18/2019

**Trial study to answer open question of the benefits of liposuction in lipedema: G-BA commissions scientific institution with study support**

More on the subject

**Testing of new examination and treatment methods**

additional information

**FAQs for testing methods**