

## Pre-Appointment Screening Form for Surgical Treatment of Lipedema

There are not many surgeons who specialize in the treatment of lipedema. To save your time and treasure, we have created this pre-screening form. This will help us ensure you are ready to be evaluated for lipedema surgery. Answers required for surgical treatment are in **BOLD**.

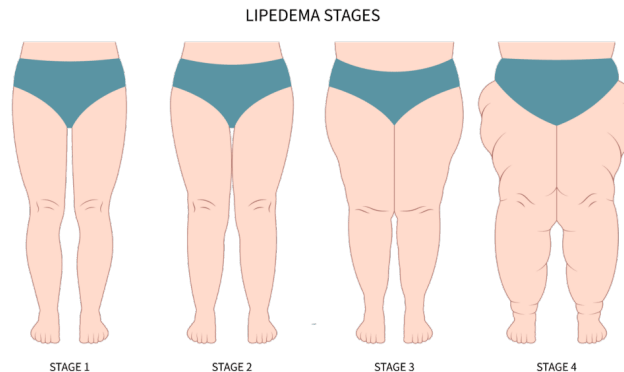
As health insurance frequently requires a diagnosis of lipedema from a non-surgeon, we recommend patients first obtain a diagnosis.

Name: \_\_\_\_\_

1. Do you have a diagnosis of lipedema?  
**YES** / No
2. Who diagnosed you? \_\_\_\_\_
3. What date? \_\_\_\_\_
4. Was this clinician a DO, MD, or a physician assistant under the supervision of an MD/DO.  
**YES** / No

5. What stage of lipedema do you have?

- A: Stage 1  
**B: STAGE 2**  
**C: STAGE 3**  
**D: STAGE 4**



Note: We treat Stage 2, 3 and 4 lipedema through medical insurance. We offer reasonable cash pay options for Stage 1 lipedema. It is difficult to demonstrate Stage 1 lipedema on photographs to a third-party evaluator (health insurance). For this reason, many Stage 1 lipedema patients have difficulty in obtaining insurance authorization.

Health insurance often requires patients to show physician impairment for surgical treatment.

6. Have you had a physical therapy evaluation for lipedema impairment?  
**YES** / No?
7. Name of the physical therapist? \_\_\_\_\_ Date? \_\_\_\_\_

Health plans would like patients to try non-invasive therapy before surgery.

8. Have you at least one of the following non-invasive treatments for over 6 months?
9. Circle the conservative treatments you have tried for over 6 months.  
a) Compression?    b) Vibration Plate?    c) Pump?    d) MLD?

We need patients to be strong enough to undergo surgical treatment. While we are sympathetic to patients suffering with lipedema, we do not want to make anyone worse. Please calculate your BMI using an online BMI calculator. (Search “BMI calculator”)

10. What is your current: Height? \_\_\_\_\_ Weight? \_\_\_\_\_ BMI? \_\_\_\_\_

11. Is your BMI less than 45?  
**YES / No**

If your BMI is greater than 45, we recommend considering weight loss medication such as glucagon-like peptide 1 (GLP-1) agonists like Semaglutide (Ozempic).

12. Can you walk a quarter of a mile?  
**YES / No**

This is the distance around a high school track. If you are not sure, it is okay to try. Walking slowly is okay and counts.

13. Are you on any blood thinners such as Eliquis, Plavix, Xarelto, or Coumadin?  
Yes / **NO**

14. Do you have *large* veins (varicose veins) on your legs?  
Yes / **NO**

Varicose veins increase the risk of bleeding during lipedema Surgery. For that reason, patients with varicose veins should first be treated by a vein specialist prior to lipedema surgery.

Lipedema surgery typically involves a plan of several procedures over several months. If you change health insurances, the authorization for this surgical plan can become null and void.

15. Is your health insurance going to change in the next 12 months?  
Yes/**NO**



*Varicose Veins*