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This report was generated on 01/09/21. Overall 10 respondents completed this questionnaire. The report has been filtered to show the responses for 'All Respondents'.

The following charts are restricted to the top 12 codes. Lists are restricted to the most recent 100 rows.

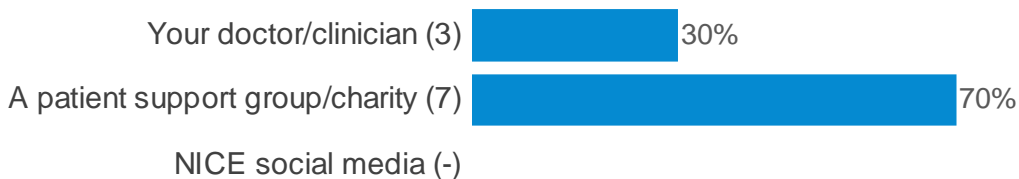
I have read the information above which explains the purpose of the project and how any information I provide will be used



I consent (agree) to NICE using the information I have given in the ways described above



How did you hear about this survey?



Other (please sepcify)

Lymphline Spring article

Are you (the person completing the questionnaire):



Your age (in years)

| Count | Sum | Mean | Sample Standard Deviation | Minimum | Maximum | Range |
|-------|-----|-------|---------------------------|---------|---------|-------|
| 10 | 572 | 57.20 | 11.43 | 38 | 74 | 36 |

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How long ago did you have the procedure?

5 years
two years 5 months

In years

| Count | Sum | Mean | Sample Standard Deviation | Minimum | Maximum | Range |
|-------|-----|------|---------------------------|---------|---------|-------|
| 6 | 30 | 5 | 1.10 | 4 | 7 | 3 |

In months (OR In months)

| Count | Sum | Mean | Sample Standard Deviation | Minimum | Maximum | Range |
|-------|-----|------|---------------------------|---------|---------|-------|
| 3 | 123 | 41 | 22.72 | 15 | 57 | 42 |

In months (OR In weeks)

| Count | Sum | Mean | Sample Standard Deviation | Minimum | Maximum | Range |
|-------|-----|------|---------------------------|---------|---------|-------|
| 0 | - | - | - | - | - | - |

To which gender identity do you most identify?



Did the procedure work?



If somewhat or no, please provide further details along with information about whether symptoms later reoccurred.

Symptoms did reoccur later

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Did you have any side-effects following your procedure?

Yes (1)  10%

No (9)  90%

If yes, please provide further details along with information about whether symptoms later reoccurred.

I developed a 'burn' from wearing the pressure hosiery immediately after surgery. This burn caused a permanent scar and intermittently causes pain.

How long did it take you to recover from the procedure?

I had the liposuction on my left leg it took a few weeks as I had to build my walking up slowly. I was very bruised and had to wear class 3 stockings which are very tight. It takes a while for the swelling and bruises to go. I was off work for a total of 5 weeks. .

I was in hospital 3 days, was out walking and riding my horse after a week.

Approx 6 weeks

6weeks

Difficult to remember from so long ago but I think it took a couple of weeks to recover from the surgery

I recovered from the operation and discharged from hospital on the fourth day. I attended outpatients for approx a month for dressings to be changed twice a week. There was after care and physiotherapy six weekly for six months. I continue self massage on a daily basis to control the Lymphoedma . My leg has healed well and has reduced in size considerably, I wear a full leg compression stocking 24hrs a day.

Approx 2 weeks from the procedure but the swelling took much longer.

No more than 2 Months

Four months in total

I was in hospital for 5 days. From memory it probably took a couple of weeks to recover. This related mainly to the scars healing and bruising (which was due to the strapping not being pulled tight enough). I also experienced nerve ending tingling sensations which gradually went away over a few weeks.

How did the procedure positively affect your condition and/or your quality of life?

Please consider things such as:

- Your physical symptoms
- Your ability to perform daily activities
- Your quality of life, lifestyle and/or social life
- Your state of mind, emotional health and/or wellbeing
- The effect on family, friends and others

Lymphoedema had a big impact on my life I couldn't be on my feet for long periods of time and my leg would feel very heavy and ache a lot. I could only walk round shops for short periods then have to go home and rest. Having this done made a huge difference I am much more active I go walking whenever possible even if its only 20-30 minutes. It has given me more confidence and I have more choice of clothing I can wear now. After 15 months I am still happy I went ahead with the procedure. My family and friends commented on how much of a difference there is.

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How did the procedure positively affect your condition and/or your quality of life?

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Immensely. They took 1.5ltrs from my left leg and before I could not easily walk/ run or ride my horses. I could not wear shoes/ boots / trousers that I used to wear. I was having to visit a physio for back pain and was having a problem with my career. I have photo's from before and after the procedure and I did a blog in the weeks following so others could get a view of my experience.

Greatly reduced the size of my leg, enabling me to fit into clothes and shoes better than before. Increased confidence Reduced episodes of cellulitis. Delighted with outcome

This procedure was life changing after suffering from an embarrassing distressing condition for years that caused difficulties with every aspect of life from mobility, socialising, clothes fitting finding footwear etc My leg was reduced to a near normal shape again I no longer felt it heavy hot and uncomfortable. My ability to exercise returned I could return to wearing normal clothing and footwear. My self esteem and confidence was restored and I no longer feel restricted in travelling and holidaying abroad as the management of my Lymphoedema is much more doable

This was life changing and I would highly recommend this procedure being made more widely available (I had to gain out of health board area approval to have this procedure at Ninewells Hospital in Dundee). Physical symptoms Pre surgery: My left leg was more than double the size of my right leg. I was having difficulty bending my knee and ankle. Walking was challenging and my lymphoedema affected my gait, my back and was also starting to affect my hips. Post surgery: My left leg is now as good as, and frequently better than my right leg. Walking is no longer affected by my lymphoedema although I sometimes do have to manage some post walk swelling if it has been a long walk. I would also get tired from carrying around the extra weight. My knee and ankle bones are permanently larger now than on my right leg - my consultant confirmed that they had had to build up to cope with the extra weight from my lymphoedema and that this will be a permanent change. Ability to perform daily activities Pre surgery: Mobility was difficult - I've talked about walking above but it was other things like getting onto a bus or train where the steps are quite high, or just walking up and down stairs, or trying to navigate big steps on hill walks - these are difficult when you have a lot of excess weight to lift. It was also difficult to manoeuvre in small spaces - e.g. walking along rows in a theatre or cinema (both for me and people trying to get past me) or being in places where the leg room available usually did not allow enough space to stretch out my leg comfortably (e.g. again cinemas/theatres but also travelling by plane/train) I could not kneel down which makes some cleaning jobs difficult. Post surgery: My mobility has improved significantly although lack of leg room can still be a problem to enable me to keep moving my leg when I'm seated for long periods. Kneeling is still a challenge due to the size of my knee joint and that its something I'm no longer used to doing. Quality of life, lifestyle and/or social life Pre surgery: I found it very difficult to find clothes that would fit (especially trousers, shoes and/or long skirts to cover up my legs) and in the end resorted to making my own. I travelled a lot for holidays and this was challenging. The swelling impacted the time I was able to be out and about sightseeing, and trying to get class 4 full length compression garments on in hot/humid climates is a challenge. Post surgery: My quality of life has improved significantly due to the improvements in my mobility and that I can now buy clothes more easily. Compression garments and heat is still, and always will be, a challenge. I was already wearing compression garments overnight when my swelling was bad so needing to wear them 24/7 post surgery didn't impact me. State of mind, emotional health and/or wellbeing Pre surgery: My morale was pretty low at points and I experienced some bouts of depression. I moved from England to Scotland and initially str

My leg and foot and much reduced in size. I can carry out all daily activities My quality of life is now very good My state of mind and emotional health is greatly improved My family and friends have commented on the difference the operation has made to my well being

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How did the procedure positively affect your condition and/or your quality of life?**Please consider things such as:**

- Your physical symptoms
- Your ability to perform daily activities
- Your quality of life, lifestyle and/or social life
- Your state of mind, emotional health and/or wellbeing
- The effect on family, friends and others

The procedure positively affected most aspects of my life by 100%.

Physical Symptoms, psychologically

Firstly my whole quality of life , wellbeing , social and health improved immensely. My ability to walk, travel easily and enjoy once again playing sports which prior to Liposuction surgery for my lower limb Lymphoedema had greatly restricted me. Emotionally I now feel human as opposed to previously a freak, I was now able to buy clothes which actually fitted my overall body size. Generally my mood and state of mind changed and my family and friends complimented the overall and complete changes in me in both appearance and personality. A lot of general activities, housework ,shopping and gardening have become easier though there are still a few minor problems e.g kneeling so I sit. Before the surgery my level of compression Garments was increasing and my upper limbs were suffering , following surgery my compression garments have been lowered considerably and maintained at the same level for 4 years. Compression stockings were always going to have to be worn 24/7 for life with or without surgery. Personally for me overall having the opportunity for Liposuction surgery for my Lymphoedema was brilliant and gave me my chance to continue living and enjoy myself.

The procedure changed my life and was a positive impact on all of the above categories. 8kg of weight was removed. Physically my left leg was no longer twice the size of my right leg. I could walk properly again so the impact to my knees, hips and back of having to swing my heavy leg around went away. I no longer got so tired from carrying the excess weight which improved my mobility making it easier to get around on a daily basis. My quality of life improved as a result. Emotionally having lymphoedema is challenging as there is no magic cure. I'd spent years having people staring and pointing at my leg and making negative comments that I could hear. That all went away. The fact that I could now do more, wear trousers, sit comfortably in theatres etc was a significant boost to my own wellbeing and to that of my husband, family and friends.

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How did the procedure negatively affect your condition and/or your quality of life?

Please consider things such as:

- Your physical symptoms
- Your ability to perform daily activities
- Your quality of life, lifestyle and/or social life
- Your state of mind, emotional health and/or wellbeing
- The effect on family, friends and others

My left leg is slightly thinner now as quite a lot of fat was taken away but not too noticeable. The only negative thing I can say is I still have swelling in my foot (not as much as it originally was). Having to wear the tight class 3 stockings day and night takes some getting used to but once you persevere you get Used to it.

NA

Wearing my garment 24/7 after the procedure was the only negative in comparison to being able to take it off in bed before. But i feel this was worth it and I am so happy with the outcome.

After the initial recovery time I had no negative impact from the procedure and to date I can still say the condition of my Lymphoedema is still positive

State of mind, emotional health and/or wellbeing Post surgery - I have lost a bit confidence with my mobility as I am still concerned about falling and causing injuries to my leg - I think this is different to my pre surgery state as I am now generally more mobile.

The procedure did not produce any negative affects.

Apart from having to wear support garments 24 hours a day (before the procedure, I did not wear a garment while sleeping) There have been no negatives from having the procedure

Following Liposuction surgery I cannot say that I have any negative effects on my lower limb Lymphoedema Yes I still wear compression stockings 24/7 but with or without the Liposuction I would still have to wear the stockings.

I have experienced no negative impacts.

Did you require anymore treatment, including procedures or surgery after this procedure?



If yes, please provide further details.

I need to wear support hosiery day and night

I still require compression stockings every six months but the level of compression is much lower and more easily managed. I require therapist help with advice and yearly measurements to ensure I manage my Lymphoedema in the lower limb Yearly measurements enable me to monitor any rebound of the affected limb.

Would you recommend this procedure to another patient with your condition?



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If yes, what might you tell them?

Takes things slowly everything is swollen at first but once it settles down you start to see the difference. Try to keep walking once you feel well enough.

I have talked to others that have been referred for the treatment and sent them my blog and how I felt before during and after the treatment. It is def worth while and should be a treatment for all those who watch their weight, are active as they can be and want a quality of life back. It is not a cosmetic surgery procedure and the general public should not view it as this, but it is surgery and all surgery carries a risk. It's each individuals own decision but changed my life for the better. I fought to get it and asked to be referred,

The recovery takes a while and you have to be patient with it, but it is all very much worth it.

The benefits of the procedure are amazing and have restored my quality of life in a way I once thought was impossible

From my experience this has been a life changing procedure and I would recommend anyone to give this opportunity serious consideration. My affected leg was more than twice the size of my other leg and life was getting increasingly difficult both physically and emotionally. Do your research, talk to your medical support team and make an informed decision. The few weeks immediately post surgery can be painful and uncomfortable. However it is definitely a case of short term pain for long term gain.

I wasn't aware that, although I was following the self care regime and attending exercise classes to help reduce the build up of lymph it was to no avail. It was brought to my attention that much of the swelling was stagnant fat that would not move from the leg no matter how well I cared for myself. I had had the condition for over twenty years meaning there was a build up of fat. The operation has meant I am now able to buy clothes and shoes which fit me which was always difficult previously. The operation has reduced the size of my leg dramatically meaning there is far less pressure on my knee joint. I have not suffered from cellulitus since having the operation, I have previously been hospitalised on three seperate occasions lasting for a week each time. I am able to wear a lighter compression garment post op. My leg has stabilised in size and my visits to the Lymphoedema clinic have been reduced.

This procedure is painful but will change your life and make you feel normal again.

To see if you would be excepted

Take time to recover from surgery , follow advice of surgeon and your therapist. Outcome is definitely worth it, due to movements ,abilities ,possibilities of a much lower compression garment , body shape and emotional feelings. Yes the procedure is painful but this does ease after a few days, yes there are risks and a possibility of an infection which can be treated however again talk about any fears or reservations with your surgeon or a patient who has had a similar surgery to what you may be offered.

It took me a year to decide to have this surgery and it is not something to go into without understanding the procedure and how you will feel in the immediate few weeks post surgery. That short time period is uncomfortable, in particular the nerve sensations and giddiness when you first take a shower and be disorientating. But these are short term effects that the surgical/nursing team support you through. This is significantly outweighed by the positive benefits from the surgery that I talked about in an earlier question. The change to my life has been significant. I had previously tried bandaging, I was very compliant with wearing compression stocking and doing self massage but they just didn't work for me. I had reached a point where my mobility was impaired and the size and weight of my affected leg was starting to cause other medical problems. My life changed for the better as a result of this procedure and I would recommend everyone to consider taking advantage of this procedure if they have the opportunity to do so.

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If the procedure had an impact on any other areas of your life that are not covered by the questions above please tell us about them here.

After being accepted for the surgery (which you have to fit a certain criteria) I was refused by local CCG to have it done on NHS. Eventually I managed to go private and went ahead with it. Not everyone is able to do this and the impact it has on your everyday life is huge so should be more available.

It affected my career - which has a economic impact.

I was struggling with my employment prior to having the procedure as there were days that I physically struggled to cope. The procedure has taken away most of the negative aspects of my Lymphoedema and made my condition manageable

Over the last three years I have had a very difficult medical journey with emergency surgery, severe sepsis (requiring almost 24 hour intravenous fluids for a few weeks) and a resulting cancer diagnosis. The knowledge about how to manage lymphoedema in this situation is limited and my body swelled due to the fluid intake to such a level that my affected leg was worse than before my liposuction surgery. When I was well enough to think about it I was very concerned that this would undo the magic of the liposuction. It felt like the surgical medical team had no interest in my lymphoedema and the potential for the liposuction benefits to be negated. Fortunately this was a short lived position but my liposuction consultant was not happy when I recounted my journey. I think there needs to be a way to have some sort of flag in medical records to highlight this for future surgical procedures. Also raised awareness and knowledge of how to manage this scenario within A&E and Surgical teams. I was lucky that my community based lymphoedema practitioner could provide me with advice and support ... but frustrated that as a community based practitioner she was not allowed to interact with the hospital or come onsite to give them advice.

Has had an effect on both legs due to ongoing problems but not due to liposuction surgery