Second Opinion on Liposuction

Why We Cannot Offer This Procedure at Our Clinic

Liposuction for lipalgia syndrome (formerly lipedema) is covered by public health insurance under certain conditions—and, as of July 2026, regardless of the stage of the disease. We receive daily inquiries from women who would like to seek a second opinion from us regarding this treatment option.

We must decline these requests—and would like to explain the reason to you openly.

What the Guideline Requires

The quality assurance guideline of the Joint Federal Committee stipulates a dual-review principle: Before the operating physician may determine the indication for liposuction, the diagnosis and eligibility criteria must have been established by **another** physician.

The guideline explicitly specifies who is authorized to do this. The following are authorized:

- Specialists in **Internal Medicine and Angiology**
- Specialists in **Physical and Rehabilitation Medicine**
- Specialists in **dermatology and venereology**
- Specialists with **additional training** in **phlebology**

The determining factor here is the specialist designation as defined by the training regulations—not the specialist's experience in individual cases.

Why We Do Not Meet This Requirement

Our lymphology outpatient clinic is staffed by specialists in Internal Medicine—**who do not possess** the additional specialty competence in Angiology required by the guideline. We also do not currently have any specialists with additional training in Phlebology.

We are therefore not permitted to make the required diagnosis—regardless of our many years of experience with this condition.

> **This is not a refusal to perform liposuction.** It is a matter of formal jurisdiction, which the legislature has deliberately defined narrowly to protect patient safety. We are bound by this requirement.

Where to Turn

Please consult a physician with one of the specialist designations listed above. Your primary care physician's office or your health insurance provider can assist you in your search.

Regardless of this, we will of course continue to be available to you for the diagnosis and conservative treatment of lipalgia syndrome.

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Legal Basis

Joint Federal Committee: Quality Assurance Guideline for Liposuction in Lipedema (QS-RL Liposuction), last amended on January 22, 2026, in effect since March 21, 2026 – Section 4(1) and Section 5(2). The titles of medical specialists are based on the (Model) Training Regulations of the German Medical Association.