



Dr Naveen Somia - Specialist Plastic Surgeon

Lipoedema Post Surgery Rehabilitation at Lakeview Private Hospital (optional)

A bridge between hospital and home

Once you have transferred to the Rehab ward on Day 2 you can expect:

- Physiotherapy twice a day with a qualified physiotherapist
- Occupational therapist to prepare you for a safe return home
- Nursing staff to care for you and administer medications
- Food tailored to your dietary requirements
- A safe area to exercise (a slow lap of the ward every hour or two with railings most of the way)
- Plenty of room to use your bio compression pump/LX9 pump
- A quiet place to relax with visitors, do puzzles, read, make tea and coffee and there is a nice cafe downstairs
- A lovely lakeview

Benefits to rehab

Physiotherapy gets the blood pumping to aid recovery and pain reduction. Physio also helps you to feel more confident moving around.

A comfortable place to adjust to pain medications, swelling (peaks day 4-6) low blood pressure, light headedness and nausea.

If you have an MLD therapist willing to travel to you, they are welcome to treat you in the privacy of your room after day 3. We can recommend a local therapist willing to travel if you do not have one (subject to availability).

Relieves your family/friends from the burden of the first recovery days.

This service is only available to patients undergoing surgery for legs/thighs with full private health insurance cover with rehabilitation cover. You can stay up to 8 days in rehab.

Speak to us about applying for rehabilitation services. If you are not sure if you are covered please contact your health fund and check if rehabilitation services are covered under your policy.

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