



TOTAL  
LIPDEMA  
CARE

### Dr. Herbst's Treatment Plans and Recommendations

Genetic Testing	We use Invitae, Prevention Genetics and other to evaluate genetic variations	1. Sign the genetics consent form. 2. Complete the blood or saliva kit and send in after you receive it.
<b>Therapy/Therapist Orders</b>		
Deep tissue therapy	To improve your fascia and reduce fibrosis.	Search for a PT that does myofascial release, Astym therapy <a href="http://astym.com">astym.com</a> or Graston technique <a href="http://grastontechnique.com">grastontechnique.com</a> , negative pressure therapy (like cupping).
Functional Capacity Exam (FCE)	To assess your functional capacity prior to surgery or for disability.	Healthline in California does FCEs. Call PT services near you to see if they have a provider that has been trained in this testing.
Manual lymphatic drainage therapy	To improve your tissue and lymphatic flow.	Find a physical or occupational therapist, or licensed massage therapist (not covered by insurance) on one of these websites: <ul style="list-style-type: none"> <li>• <a href="http://klosetraining.com/therapist-directory/">klosetraining.com/therapist-directory/</a></li> <li>• <a href="http://lymphnet.org/find-treatment">lymphnet.org/find-treatment</a></li> <li>• <a href="http://www.clt-lana.org/">www.clt-lana.org/</a></li> </ul>
<b>Other Orders</b>		
Compression Garment Order	To help you get compression garments that work well for you.	Find a medical supply store near you. You can also use online services such as Bio-Concepts: <a href="https://www.bio-con.com/">https://www.bio-con.com/</a>
Referral	We want to send you to a specialist to help you with your health.	Find a specialist by searching online for the specialty and your city/town. Your PCP may be able to help.
Referral to surgery	To reduce the burden of lipedema or Dercum's disease tissue	Please contact our office if you are interested in seeing Dr Jaime Schwartz. His office will also reach out to you.
Sequential / intermittent pneumatic compression pump <i>Lympha Press</i>	To empower you to take care of your tissue at home.	We prescribe Lympha Press, Tactile Medical Flexitouch, Koya, or basic pumps. We place an order and send your note and demographic information to a representative who will contact you. Getting insurance to cover the pump may take time so be patient.
Transcutaneous oxygen measurement	To make sure you are getting enough oxygen in your legs especially before surgery.	<b>Arizona</b> St. Mary's Wound Healing Center 1802 W. St. Mary's Road Tucson, Arizona 85745 (520) 205-7520 <b>California</b> UCLA Hyperbaric Medicine 200 UCLA Medical Plaza, Suite B270 Los Angeles, CA 90095 (310) 794-1031 phone
Vasculera Prescription	To reduce vein inflammation	Blink pharmacy will contact you.
Follow Up	Reason:	Time Period:

*ergocalciferol 50,000 units weekly*