



Lipotaping technique pos cervicofacial liposculpture: a guideline

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Background and Significance

In the scenario of cervicofacial and aesthetic liposculpture, the majority of patients who undergo these procedures seek an increasingly faster recovery, to return to their daily routine. Previously, several physiotherapy sessions were mandatory for a satisfactory result [1,2].

In this sense, LipoTaping is a great innovation in postoperative physiotherapy, especially cervicofacial. Kinesiotaping is a technique created by Kenso Kase in 1976, using an elastic, porous, adhesive, hypoallergenic tape without active ingredients, which can remain in contact with the skin for several days. Its material, texture, and elasticity are very similar to skin. It is a scientifically based method whose main objectives are to minimize edema (swelling), avoid bruises (purple), and reduce or prevent the formation of fibrosis. Furthermore, LipoTaping improves function and reduces tension in tissues close to scars, helping to prevent dehiscence (opening of points in the scar) [3].

In this aspect, LipoTaping decompresses tissues that have suffered damage in a surgical procedure. The skin is elevated and thus anchoring filaments (which "open" the lymphatic vessels) are pulled, allowing greater drainage of the liquid that until then was congested in the interstitium (space between the tissues below the skin), favoring its absorption [4].

The application of LipoTaping reduces pain and improves the mobilization of scar tissue, since the pain caused by the pressure exerted on sensory receptors is relieved through the ripples that the bandage promotes, due to the elevation of the skin. The elastic bandage can remain on the skin for 5 to 7 days and does not replace the modeling belt, and the techniques must be

combined. It is up to the specialized professional to assess the best cut to be applied and the tensions that will be used on the tapes. In post-surgical lymphatic drainage, a cut known as "octopus" is used, which is applied following the lymphatic system, called Lymphotaping [5].

Also, patients also benefit from minimizing postoperative muscle pain and correcting some surgical complications. The application prevents complications, accelerates recovery, allows greater autonomy for the patient, and reduces the number of physiotherapy sessions, making it an excellent therapeutic option. The technique can be applied in the first 24 hours of surgery, as the earlier the application, the greater the benefits [1-3].

Lipotaping technique

After performing neck-facial liposculpture, it is necessary to place the LipoTaping tape, as it promotes a process of compression, muscular stabilization, and lymphatic drainage. After starting this technique, his post-operative period, as his neck and facial culture changed abruptly, making the post-operative results much calmer, with no edema, no bruising, and very little post-operative pain.

LipoTaping Placement Guideline and Demo Video in Portuguese

Demo Video in Portuguese

<https://drive.google.com/file/d/1xlpTZB27WcZjQyAikDQJafDreKt0gd/view?usp=drivesdk>

Step by Step-Guideline

1. The tape cut is 12 cm and divided into 5 tentacles

(tentacles refer to the cut designed by Professor Kenzo Kase in the 70s in the process of creating and using LipoTaping for muscle and joint injuries), leaving a bonding area initial on the skin of 2 cm. This means that the cut portion of the tape is d 10 cm.

2. The gluing process begins in the pre-tragus to the cervical region, with a slight inclination of approximately 15° and the octopus tentacles follow the region where the liposculpture technique was performed on the face.

3. The first tentacle of the octopus follows the blush area region, exactly where the liposculpture was performed to promote a more aesthetic design of this area.

4. The other tapes in this cut follow sequentially without leaving space between the others, promoting a different LipoTaping placement than the 2 techniques existing in the literature. However, clinically it was the best way to achieve results of a 24-hour post-operative period with a total absence of pain, edema, or bruising, as LipoTaping promotes myofascial inhibition, a compression of the tissues regularly, leaving minimal space for liquid accumulation arising from the healing process. In addition, to promoting very efficient lymphatic drainage.

5. In the easy region, all the octopus tentacles are placed with a tension of 50% in the therapeutic zone. However, the bonding regions at the beginning of LipoTaping and the end have a tension of approximately 0 to 10%.

6. LipoTaping must be placed from the pre-tragus region to the region of the patient's sternum and clavicle, that is, extending from the blush area to the patient's neck.

7. In the lateral area of the mandible and base of the mandible we place a different tension in the LipoTaping, as we want to promote greater compression in this area to further delimit the region below the mandible.

8. In the cervical region (neck), we place LipoTaping, starting above the lymphatic chain on the side of the neck and extending the octopus tentacles, with 50% to the midline, where in this region we open a slight space between the tentacles of the octopus to allow the LipoTaping on the opposite side to end in the midline also being glued onto the skin and not LipoTaping over LipoTaping.

9. A very important caveat is that LipoTaping in the area of initial anchorage and final anchorage has a maximum of 10% tension, however, it is observed that the ideal would be 0% tension.

10. LipoTaping removal must be carried out for 48 to 72 hours so that it does not irritate the region of the lymphatic chain where the LipoTaping bonding process begins.

11. When removing the LipoTaping bandage, an absence

of edema, hematomas, or seromas is observed in 98% of cases. In cervical regions in the presence of flaccidity, in some cases, there is a very slight presence of small accumulations of liquid that are immediately removed by removing the LipoTaping and very few bruises and when present, in these cases, a hematoma process is already observed more advanced for its absorption.

Final Considerations

Nowadays it is considered that LipoTaping is a fundamental therapy for the immediate post-operative period with peace of mind, which makes late post-operative therapy much easier.

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