

What is Lipogems®?

Lipogems is an innovative and next generation regenerative cell technology that is used to harvest, concentrate, and transfer a patient's own fat for the repair, reconstruction, or replacement of injured or damaged tissue.

What can Lipogems be used for?

Lipogems MAY provide an alternative to surgical options for treatment of certain conditions

- 🌐 Patients that do not want surgery or have failed other options (i.e. NSAIDS (e.g. ibuprofen), cortisone injections, viscosupplementation (e.g. Supartz injections), or other biologic interventions (e.g. platelet rich plasma injections)).
- 🌐 Patients that are not surgical candidates (e.g. suffering from other comorbidities precluding surgery)
- 🌐 Lipogems provides a complimentary technology and/or alternative option to promote healing and aid in recovery
- 🌐 Patients that are undergoing arthroscopic surgery

How does it work?

The Lipogems system is used to liposuction fat cells from the patient's thigh or abdomen after the patient has been prepped with local anesthetic. The device then rinses and cleans the inflammatory oils and blood from the patient's harvested fat and maintains the unique regenerative properties of the fat tissue. This is not intended to reduce the appearance of body fat in the harvest area.

The fat cells are then injected to the injured or diseased site and can promote healing and symptom reduction, as early as three weeks after treatment.

Lipogems technology can be used in orthopedic medicine for supporting healing of tissue in the shoulder, knee, hip and spine, as well as for certain cosmetic applications such as hand rejuvenation (contouring of the hand to improve appearance). The procedure is typically performed in one of the exam rooms at the clinic.

Potential benefits include rapid pain relief, regeneration of healthy tissues, and healing without surgery.

Preparing for Your Procedure

- 🌐 Make sure skin is clean and free of lotions on the abdomen and extremities.
- 🌐 Wear loose fitting clothing. You may be asked to change into a gown or shorts at time of arrival.

What to Expect

In our minimally invasive procedure, the physician will make a tiny puncture through the skin (a stitch is not even required!) and remove fat tissue from a small section of either the thigh, abdominal midsection, or "love handles."

Next, the collected fat will be processed in the special Lipogems device using sterile saline solution. This occurs through a very gentle process called micro-fragmentation, during which the fat is washed, rinsed, and resized into smaller clusters while maintaining the natural beneficial properties of the fat. Debris, blood, inflammatory cells, and fatty oils are removed as the bioactive, desirable portion of the fat is concentrated. The physician then will use a small needle to inject the bioactive and regenerative tissue into the treatment site.



The simplicity of the procedure means that it requires only local anesthesia (you will not be asleep during the procedure) and can be performed in approximately one hour in our office. You will be discharged and sent home within hours of the procedure. There is minimal recovery time from the procedure.

Care After Procedure

The tissue harvest area of your body may be sore for a couple of days. You will be directed to wear a compression dressing for 48 hours on the harvest site. It is not uncommon to have some blood-tinged fluid on your dressings during the first 24 hours. This is normal as some of the saline used to harvest the fat tissue is escaping the harvest area.

Depending on the area where Lipogems is used, your surgeon may advise you on specific activities to avoid. Post-procedure impact activity may be restricted for two weeks depending on the harvest and/or injection site(s). Most patients will return to regular activities at 1-2 months. **Activity restrictions for your particular problem will vary and should be discussed with your physician.**

Medications

You may be instructed to take over the counter acetaminophen for any associated pain.

Possible Complications and Instructions

- Individual results vary. Not all patients will have the same post-procedure recovery and activity level. See your physician to discuss your potential benefits and risks.
- Like any medical procedure, there is a risk of complications. These procedures require needle access (size, location and depth vary depending on the procedure) and this may result in discomfort, pain, apprehension, bruising, tenderness, bleeding, swelling, or infiltration at the injection site. Other symptoms that may occur include lightheadedness, fainting, nausea, or vomiting. There is slight risk of infection at the injection site and there is minimal risk of adverse reactions or complications as with any other procedure. Since the fat is from your own body there is little concern of disease transmission, allergic reaction, or tissue rejection. For patients with chronic medical conditions such as autoimmune diseases, diabetes, heart or lung disease, circulatory diseases or obesity, extreme caution may be necessary. **YOU MAY NOT UNDERGO THIS PROCEDURE WHILE ON PRESCRIPTION ANTICOAGULATION MEDICINES SUCH AS WARFARIN (COUMADIN), HEPARIN, XERALTO, OR PLAVIX.**
- There are rare, but possible, risks and complications due to fat transfer including an allergic reaction to the local anesthetic, damage to underlying structures, hematoma or seroma (an accumulation of blood or fluid under the skin that may require removal), changes in sensation, unsatisfactory results that may necessitate additional procedures, permanent discoloration caused by a ruptured blood vessel at the treatment site, calcification, a divot in the area of the tissue harvest, peri-operative bleeding, a blood clot at the treatment or donor site, an infection, scar tissue, and a fat embolism caused by a fat injection mistakenly directed into a blood vessel, and death.

Please contact our office immediately if you feel you are experiencing any of these complications.

Typically, this procedure is considered experimental by insurance companies and may not be a covered benefit. If it is not covered by your insurance you will be required to pay cash for the procedure.

Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.