

## LIPOGEMS "STEM CELL" INJECTIONS

### What is LIPOGEMS?

LIPOGEMS is a procedure which harnesses the innate healing capabilities of adipose (fat) tissue to rejuvenate cartilage cells in the knee. It is called a microfat transfer and it relies on the transformative properties of the stem cells present in fat tissue to grow from one type of cell (fat tissue) into another (cartilage).

### What is the process of having a LIPOGEMS injection?

LIPOGEMS is considered a minimally invasive sterile office procedure, performed with local anesthetic. It is a three-step procedure. Please allow one hour for the visit.

1. **Tissue Harvest.** This consists of cleaning the skin, numbing the area, and performing adipose tissue harvest to the abdomen, which is a similar procedure to a mini liposuction. This allows us to harvest the fat tissue.
2. **Processing of Adipose Tissue.** This stage consists of several steps (mixing, shaking, transferring, etc.). The adipose tissue harvested activates into medical signaling cells which are responsible for stimulating healing and cellular repair.
3. **Injection.** This is similar to any other type of intra-articular knee injection (i.e. cortisone, hyaluronic acid). Your own cells, now activated to promote healing, are injected into the knee.

### Is LIPOGEMS Treatment Effective?

LIPOGEMS is a new procedure. There are several research studies underway assessing the efficacy of this procedure, however, published results are not yet available.

### Concerns Involving LIPOGEMS

Because LIPOGEMS is utilized to optimize your body's innate healing; [anti-inflammatory medications](#), such as Ibuprofen/Advil/Motrin, Aleve/Naprosyn, and Mobic/Meloxicam, should be avoided 10 days prior to, and 6 weeks after, the procedure. Tylenol/Acetaminophen is okay.

### Key Points to Remember

- LIPOGEMS is autologous, meaning it is your own cells that we are injecting back into the body.
- LIPOGEMS stimulates the body's natural healing process to promote cartilage rejuvenation.
- Insurances do not cover the expense of the procedure.
  - Out of pocket expense is \$3200 and is paid on the day of the procedure.
  - Procedure takes about 1 hour and can be performed in the office
- Anti-inflammatory medicines should be stopped minimum 10 days before and 6 weeks after LIPOGEMS.
- Avoid exercise after the injection for 3-7 days before beginning a rehabilitation exercise program. Avoid strenuous activity for 3 weeks.