



## Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

### **LIPOGEMS PATIENT INFO**

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## LIPOGEMS

### PATIENT INFORMATION SHEET

*What is Lipogems?*

Lipogems therapy harvests a network of fat cells containing adipose-derived stem cells, regenerative cells, connective tissue and blood vessels. This network of cells provides a healing environment that responds to tissue injury. The fat cells are harvested (often from the patient's flank or buttock) under sterile technique and then processed using only sterile saline. The processing breaks the fat into smaller molecules while washing away impurities, toxins and inflammatory elements. The micro-fragments of fat are injected into the affected area allowing the cells to initiate repairing and healing of damaged tissues. The procedure is usually performed in less than an hour and may be used in multiple areas depending on the amount of fat harvested. The procedure can be performed in either the physician's office or in a surgical setting.

*How do we believe Lipogems works?*



Lipogems stays in the injected area allowing the network of reparative cells to perform their functions. Lipogems repairs, replaces and reconstructs damaged or injured tissue at the site of injection. These cells work together at the injection site the way they normally interact in the body.

### *Is Lipogems safe?*

Since Lipogems is derived from your own body tissue, adverse reaction is minimized. There is always a low chance of infection at the harvest or injection site. By performing the therapy under sterile technique, infection risk significantly decreases. More than 20,000 cases have been performed worldwide and your provider will discuss potential outcomes.

### *What is Lipogems useful for?*

Currently Lipogems is used for acute and chronic conditions of the musculoskeletal system including:

- Osteoarthritis
  - o Knee
  - o Shoulder
- In combination with surgical repairs
  - o Rotator cuff repair
  - o Achilles tendon repair
  - o ACL repair
  - o Meniscal repair
- Tendinopathies
  - o Lateral epicondylitis

### *What does Lipogems Cost?*

Nationwide the cost of Lipogems is variable. Lipogems, like many other cellular therapies, is considered “experimental” and not covered by insurance. Cost factors for the procedure include setting, analgesia, supplies, and the Lipogems processing kit.

### *Who may NOT be a Lipogems candidate?*

- Patients suffering from a systemic infection
- Patients with an autoimmune disease
- Patients with a malignancy or blood borne disease
- Patients unable to temporarily come off of blood thinners
- Patients currently breast-feeding
- Patients allergic to Lidocaine

Your provider will determine if you are a candidate and your disease is amenable to Lipogems treatment.

