

PATIENT EDUCATION FAST FACTS

WHAT'S IN YOUR OWN POWERFUL FAT?

- ▶ Adipose tissue is the scientific name for fat; it is crucial for your health
- ▶ Fat has a **high concentration of reparative cells**
- ▶ There are many different types of cells in your fat that are beneficial for healing including: adipose-derived MSC's, perivascular cells, adipocytes, etc. that are held together in a structural matrix
- ▶ These **cells work together** as a functional unit in order to **support the repair, replacement, and reconstruction of damaged or injured tissue**
- ▶ The concentration of these reparative cells in fat stays fairly constant with age ^{1,2,3}
- ▶ Fat can provide cushion and support in the treatment area



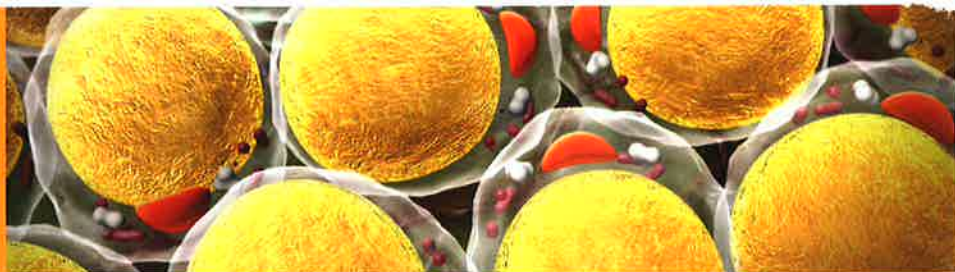
LIPOGEMS TECHNOLOGY: THE NATURAL WAY TO HEAL

- ▶ Lipogems is an **FDA-Cleared** device that is used to collect, process, and concentrate your own fat tissue for injection into the treatment site(s)
- ▶ Procedure time: approximately **an hour** in an office or outpatient surgical setting
- ▶ Can be used for **multiple treatment sites** in same procedure if needed
- ▶ An important benefit of the Lipogems device is that it **washes away impurities and resizes the tissue while preserving the natural beneficial properties of your fat**

HOW IS THE PROCEDURE PERFORMED?

- ▶ Using **local anesthesia**, your physician will make a **tiny puncture through your skin** and **collect a small amount of fat** from either your midsection, "love handles", or buttock
- ▶ The fat is processed and concentrated in the Lipogems device **using sterile saline solution**
- ▶ Your physician will use a small needle to **inject into treatment site(s)**
- ▶ A compression bandage is applied to the fat collection area





WHAT IS THE RECOVERY FROM THE PROCEDURE?

- Individual results and recovery process varies for each patient depending on the area(s) treated and the interventions that are taken
- Your physician will help determine what activities you can perform to put you on an appropriate treatment plan
- Patients should not engage in strenuous activity for at least 1-2 weeks following the procedure if the Lipogems procedure is stand-alone
- Follow post-operative instructions if this is performed with your surgical operation
- You may experience mild to moderate swelling, inflammation, or bruising at the injection site and/or site of the fat collection area for a few days following the procedure
- Contact your healthcare provider if these rare or uncommon side effects occur:
 - A “ball-like” collection of fluid and/or blood (seroma or hematoma)
 - Increased pain, swelling, redness, fever, or oozing from the tissue harvest area

YOU MIGHT BE A CANDIDATE IF:

- You suffer from an injury or ailment that limits your normal daily functioning or physical activity
- You have painful joints or a soft tissue defect
- You have not had significant relief from physical therapy, NSAIDS, or steroid injections

ARE THERE REASONS THAT YOU MAY NOT BE A CANDIDATE FOR LIPOGEMS?

- You currently have a systemic infection
- You suffer from an autoimmune disease
- You currently are taking blood thinners or anti-coagulation medication
- You are being treated for any other malignancy or blood borne disease
- You have an allergy to Lidocaine
- You are currently breastfeeding or plan to begin breastfeeding in the near future
- You have a hematologic condition

Some medications can cause undesirable side effects that could affect your procedure (e.g. blood thinners, anti-coagulants, immunosuppressive medications, etc.). Talk to your physician about the medications you are currently prescribed and/or taking and if you are currently breastfeeding or planning to breastfeed.

NOTES

REFERENCES

1. Beane, Olivia S., et al. “Impact of aging on the regenerative properties of bone marrow-, muscle-, and adipose-derived mesenchymal stem/stromal cells.” PloS one 9.12 (2014): e115963.
2. Stolzing, Alexandra, et al. “Age-related changes in human bone marrow-derived mesenchymal stem cells: consequences for cell therapies.” Mechanisms of ageing and development 129.3 (2008): 163-173.
3. Kern, Susanne, et al. “Comparative analysis of mesenchymal stem cells from bone marrow, umbilical cord blood, or adipose tissue.” Stem cells 24.5 (2006): 1294-1301.