

# FIND THE RIGHT OPTION FOR YOU



## Major Orthopaedic Surgery

Setting	Minimally Invasive Procedure in the Clinic or Ambulatory Surgery Center	Major Invasive Surgery in the Hospital or Ambulatory Surgery Center
Physician Type	Orthopaedic Surgeon Physical Medicine and Rehabilitation Physician Sports Medicine Physician	Orthopaedic Surgeon
Materials Used	Uses your own powerful fat (the highest quality tissue for injury repair) May inject into multiple orthopaedic issues in the same setting	Artificial implant made of metal and polyethylene
Anesthesia Type	Local	General
Pain Medication	Minimal (1-3 days)	Around 6 weeks to 3 months
Time in the Hospital	Same day procedure No hospitalization required	1-3 days in the hospital or facility *patient and facility dependent
Recovery	No Strenuous Exercise for 1-2 Weeks	Several Months
Estimated Time Out of Work		
Need Help From Others		
Cost of the Procedure	<p>My Cost: \$ _____</p> <p>National Average for Cost: \$2500 - \$5000*</p> <p>*depends of the facility and costs associated with materials and staff</p>	<p>My Estimated Cost: \$ _____</p> <p><b>Underline Your Insurance Type Below:</b>            90% Coverage/ 10% Out of Pocket            80% Coverage/ 20% Out of Pocket            50% Coverage/ 50% Out of Pocket            Other: _____</p> <p><b>National Average Cost For Major Orthopaedic Surgery</b>            In-network Insurance: \$4,000 - \$6,000            Out-of-network Insurance: \$15,000 - \$22,000            No Insurance: \$36,500 - \$55,000</p>
Estimated Cost of the Anesthesiologist	None (included in the cost of the procedure)	My Estimated Cost: \$ _____
Estimated Total	My Estimated Total: \$ _____	My Estimated Total: \$ _____

# FREQUENTLY ASKED QUESTIONS

## ✓ HOW MANY LIPOGEMS PROCEDURES HAVE BEEN PERFORMED WORLD-WIDE?

Over 35,000 procedures have been performed world-wide at leading orthopaedic institutions with very minimal complication rates (1-2%) and no major complications reported.

## ✓ IS THERE ANY EVIDENCE SUPPORTING LIPOGEMS?

There are over 70+ publications in peer-reviewed journals with up to 3 years of evidence. Majority (~95%) of the studies performed were independently performed and did not receive any company funding.

## ✓ CAN YOU DESCRIBE THE PROCEDURE? HOW LONG WILL THE LIPOGEMS PROCEDURE LAST? HOW MANY TIMES WILL I NEED TO GET THE PROCEDURE?

Lipogems is a minimally invasive procedure that is performed in the clinic/procedure room in about an hour using a local anesthetic to help harvest your own powerful fat. Fat is a very powerful tissue that is used for injury repair since World War I and the quality of the cells do not decline with age unlike other similar tissue. For patients suffering from multiple orthopaedic issues, additional fat maybe harvested, processed, and injected into those other sites at the same time (ex. two knees, a shoulder). Majority of the patients will only need Lipogems only once. However, many patients desire to repeat the procedure in the future if they are still not ready for major invasive surgery.

## ✓ HOW LONG DOES THE FAT STAY IN THE AREA?

In a dog study<sup>1</sup>, the Microfragmented Fat™ stayed in the area for up to 11 months after injection providing cushion in support in the dog's joints. However, that may not correlate to the therapeutic benefit of the procedure as the clinic results.

## ✓ WILL I NEED MAJOR ORTHOPAEDIC SURGERY IN THE FUTURE?

Individual results may vary. You may or may not need major orthopaedic surgery in the future. However, you may want to try this option if you are still suffering from your orthopaedic issue and/or major orthopaedic surgery has been cancelled or delayed.

## ✓ WHAT IS THE BENEFIT OF LIPOGEMS VS A CORTICOSTEROID OR A LONG ACTING CORTICOSTEROID?

- Recent studies found that corticosteroid injections sped the loss of cartilage that cushions the knee.<sup>2,3</sup>
- Conversely, Lipogems is a natural, minimally invasive procedure that uses your own powerful fat to help provide cushion and help support the repair, replacement of damaged or injured tissue.
- Complications rates are higher for corticosteroids (8%)<sup>3</sup> vs Lipogems (1-2%)
- Since corticosteroids are short acting pain relievers, you will have to come in multiple times for corticosteroid injections.

## References

1. Offer Zeira et al. Intra-Articular Administration Of Autologous Micro-Fragmented Adipose Tissue In Dogs With Spontaneous Osteoarthritis: Safety, Feasibility, And Clinical Outcomes. Stem Cells Translational Medicine. 2018.
2. McAlindon TE et al. Effect of Intra-articular Triamcinolone vs Saline on Knee Cartilage Volume and Pain in Patients With Knee Osteoarthritis: A Randomized Clinical Trial. JAMA. 2017 May 16;317(19):1967-1975.
3. Kompel A et al. Intra-articular Corticosteroid Injections in the Hip and Knee: Perhaps Not as Safe as We Thought? Radiology. Dec 2019.

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. The Lipogems System is a sterile medical device intended for the closed-loop processing of your own fat tissue in medical procedures involving the harvesting, concentrating and transferring of your own fat (adipose) tissue harvested with a legally marketed lipoplasty system. This can be a minimally invasive procedure that's done in the office, to support soft tissue defects and may promote healing in orthopaedics and arthroscopic surgery. Lipogems may or may not be appropriate for all patients. Like any medical procedure, there is a risk for soreness, redness, swelling, and/or pain. These procedures require needle access (size, location and depth vary depending on the procedure) and this may result in (but not limited to), 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 a slight risk of infection at the injection site and have minimal risk of adverse reactions or complications as with any other injection 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, diabetes, heart or lung disease, circulatory diseases or obesity, extreme caution may be necessary. 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 divet 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. The information presented is for educational purposes only. Speak to your doctor to decide if Lipogems procedure is appropriate for you. Individual results vary and not all patients will return to the same activity level. The lifetime of any procedure is limited and depends on several factors like patient weight and activity level. Your doctor will counsel you about strategies for your post-procedural care. It is important to closely follow your physician's instructions regarding post-procedure activity, treatment and follow-up care. Ask your doctor if Lipogems procedure is right for you. Lipogems or other corporate affiliated entities own, use or have applied for the following trademarks or service marks: Lipogems. All other trademarks are trademarks of their respective owners or holders.