

Lipogems Procedure Patient Information

Explanation of Procedure

The Lipogems procedure is a minor outpatient procedure in which your own fat tissue is harvested from your abdomen, flank, or thigh. Fat tissue contains special types of cell that are well-suited to enhance healing in your body.

A few tablespoons of your fat tissue are all that is needed to conduct with the procedure. Your harvested fat tissue is then specially-processed to activate the cells, and then injected into another location in your body to enhance healing.

Lipogems is particularly useful in orthopedic medicine for tissue problems in the shoulder, knee, hip and spine, as well as for cosmetic purposes such as hand rejuvenation.

Preparing for 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 at surgery

The procedure is usually performed under local anesthesia, and you will be sent home within hours after the procedure.

Care After Surgery

The tissue harvest area of your body may be sore for a couple of days. You may be directed to wear compression clothing for a few days. 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 type of Lipogems procedure you have, your surgeon will advise you on specific activities to avoid. Post-procedure impact activity might be restricted for 2 weeks depending on the harvest and/or injection site(s). Most patients fully recover within 1-2 months.

Medications

You will be instructed to take over the counter anti-inflammatory medications or over the counter acetaminophen for any associated pain.

Possible Complications and Instructions

Most complications are minimal. You may notice bruising/soreness/sensitivity/numbness around the harvest site or site of injection. You may also experience tingling/burning at the harvest site. There is a small risk of infection. Signs of infection include warmth, redness or discharge coming from the harvest/injection site.

As with any invasive procedure, there is also a very small risk of causing significant bleeding or other unintended bodily harm.

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

Questions

For more information, please call our office at 646-501-7047.