

NOAH D. WEISS, M.D.
ORTHOPAEDIC SURGERY

MESENCHYMAL STEM CELL INJECTION PROCEDURE

What to Expect:

The procedure is typically performed in the office setting, under local anesthesia, and takes about 90 minutes. You will be awake and alert for the procedure. It can be performed in a surgery center if sedation is requested.

You will be provided a prescription before your procedure date. We will provide you a prescription for Valium (an anti-anxiety medication) and Tramadol (a pain medication). You will take the medications one hour before your procedure. Though this procedure can be performed without these medications it makes the process more comfortable. You will need a ride home after your procedure.

There is no need to fast, but we suggest eating a light meal the day of the procedure.

Please wear loose clothing to your appointment. You will be covered with a gown and a sterile drape during your procedure.

How Are LIPOGEMS® Treatments Done?

First the skin on both sides of the abdomen is numbed using local anesthesia.



Next a thin blunt-tip cannula is inserted under the skin, into the fat layer. The fat is infiltrated with a mixture of sterile saline and anesthetic. We then let this sit for 15 minutes to make sure that adequate anesthesia is obtained.

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We then insert a thin harvesting cannula and aspirate the fat. This takes only a few minutes and is virtually painless. Depending on what areas or joints we're injecting, we take anywhere from 50-120 cc of fat. (That's roughly 4-8 tablespoons). Much to the chagrin of many patients, this small amount is not enough to make a cosmetic difference!

Once the fat is harvested it's processed using the proprietary LIPOGEMS® device to yield a powerful healing autologous tissue. This takes about 20 minutes and is done while you wait. The resulting stem cell aspirate is then placed into several small syringes for injection. We perform all of our injections under ultrasound guidance to help insure both accurate and safe treatment.



The total length of the visit for a LIPOGEMS® treatment is about 90 minutes, but most of that time involves either waiting for the anesthesia to take effect or waiting while the technician processes and prepares the stem cells for injection.

What to expect after my procedure?

When you leave the office, your small puncture wounds will be covered with a waterproof

dressing and an abdominal binder. You may remove the binder to shower. The waterproof bandage can be removed in 5 days. The binder is for your comfort. You may wear the binder up to one week to reduce the swelling. It is normal to have mild bruising, soreness and swelling to the abdomen.

DO NOT TAKE ANY ANTI INFLAMMATORY MEDICATIONS (Ibuprofen, Advil, Aleve, etc.) AFTER THE PROCEDURE FOR 6 WEEKS.

You may take Tylenol or Tramadol for pain. It is safe to ice the area after the procedure.

There are no restrictions after the procedure. You may increase your activities as tolerated.

Unlike cortisone injections the effect is not immediate.

Typically patients may start to experience relief of pain about 4-6 weeks after the procedure. There is often additional pain relief after 4-6 months.

If you have any questions or concerns before or after your procedure please call the office so we may answer your questions.