

MY PROFILE

GUIDE TO HELP YOU EFFECTIVELY
COMMUNICATE WITH YOUR DOCTOR ABOUT
YOUR ORTHOPAEDIC ISSUE



YOU HAVE OPTIONS!

CREATE A PERSONALIZED PLAN THAT IS RIGHT FOR YOU



1. Complete the information below
2. Bring your My Profile to your appointment
3. Discuss your symptoms, previous treatments, and your goals with your doctor
4. Create a personalized plan with your doctor that is Right for You

I AM CONCERNED ABOUT MY (CHECK ALL THAT APPLY)

Shoulder Elbow Wrist Hand Hip Knee Ankle Foot

LIFESTYLE

What are your personal goals?

Short Term _____

Long Term _____

Do you have a good support system at home to help you around?

Never Sometimes Frequently Mostly Absolutely

Are you interested in receiving Lipogems to help you heal the natural way?

Yes, I'm not ready for major invasive surgery and would like to use Lipogems as minimally invasive option

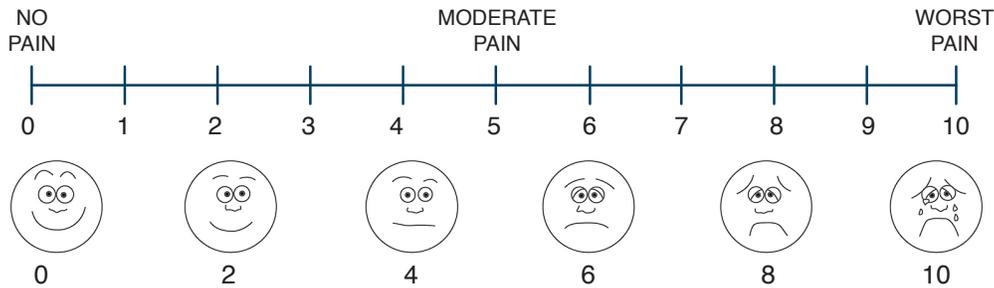
If surgery is needed, I would like to explore adding Lipogems to my surgical procedure to optimize recovery

YOUR SYMPTOMS

How often do you experience pain?

Never Monthly Weekly Daily Always

In the past month, how severe has your pain been?



When is your pain the worst?

- Morning
 Evening
 After activity
 After resting
 Constantly

How often are you aware of your problem?

- Never
 Monthly
 Weekly
 Daily
 Constantly

Have you modified your lifestyle to avoid activities that hurt the body area?

- Not at all
 Mildly
 Moderately
 Severely
 Totally

In general, how much difficulty do you have with the area that hurts?

- None
 Mild
 Moderately
 Severe
 Extreme

How severe is your joint stiffness after first waking up in the morning?

- None
 Mild
 Moderately
 Severe
 Extreme

How much does your pain or orthopaedic issue prevent you from doing what you want to do?

- Never
 Slightly
 Moderately
 Mostly
 Constantly

What activities do you have issues performing? Check all that apply

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Getting in/out of a bath | <input type="checkbox"/> Going up or down the stairs | <input type="checkbox"/> Heavy Domestic duties (moving heavy boxes scrubbing floors, etc) | <input type="checkbox"/> Brushing/combing your hair |
| <input type="checkbox"/> Getting on/off toilet | <input type="checkbox"/> Standing | <input type="checkbox"/> Light domestic duties (cooking, dusting, etc) | <input type="checkbox"/> Hang your clothes up in a wardrobe |
| <input type="checkbox"/> Getting in/out of a car | <input type="checkbox"/> Sitting | <input type="checkbox"/> Social Events | <input type="checkbox"/> Use a knife and fork |
| <input type="checkbox"/> Going shopping | <input type="checkbox"/> Squatting | <input type="checkbox"/> Work | <input type="checkbox"/> Wash and dry yourself under both arms |
| <input type="checkbox"/> Getting Dressed | <input type="checkbox"/> Running | <input type="checkbox"/> Hobbies | <input type="checkbox"/> Carrying items |
| <input type="checkbox"/> Rising from bed | <input type="checkbox"/> Jumping | | |
| <input type="checkbox"/> Lying in bed | <input type="checkbox"/> Kneeling | | |

What other treatments have you tried? Check all that apply

- | | |
|--|---|
| <input type="checkbox"/> Over the Counter Pain Medication (NSAids, Ibuprofen) | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Physical Therapy | <input type="checkbox"/> Rest |
| <input type="checkbox"/> Hyaluronic Acid | <input type="checkbox"/> Losing Weight |
| <input type="checkbox"/> Corticosteroid Injections | <input type="checkbox"/> Stretching |
| <input type="checkbox"/> Bracing | <input type="checkbox"/> Heat or Cold Therapy |
| <input type="checkbox"/> Other Injectables (Plasma Rich Protein, Bone Marrow Aspirate) | |

IMPORTANT INFORMATION

Medications and concerns to discuss with your doctor (Check all that apply)

- I am currently taking blood thinners or anti-coagulant medications
- I have a hematologic condition
- I have an allergy to Lidocaine
- I am concerned about the pain during the procedure
- I am concerned about having side effects with anesthesia and/or pain medication
- I am currently breastfeeding or plan to begin breastfeeding in the near future

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.

MY QUESTIONS

1. How do I know if Lipogems is right for me?
2. How much discomfort is usually associated with this procedure?
3. What should I expect immediately after and a few weeks after the procedure?
4. Do I need medication after my procedure?
5. What can help my recovery?
6. When can I start getting back to normal activities?
7. When should I start to feel relief?

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. Copyright © 2018 LIPOGEMS® PAT- LG- US-11-2018-1