

# EXPERIENCE THE DIFFERENCE

CONGRATULATIONS!  
YOU HAVE NOW JOINED THE MOVEMENT!

The recovery process varies  
for each patient

Your doctor will determine the  
best treatment and recovery  
plan that is right for you



Ask your doctor what you should look out for after your procedure



Contact your doctor if you are experiencing any unusual symptoms or pain



Ask your doctor about any specific questions that you may have about your recovery protocol



It is important to closely follow instructions regarding post-procedure activity, treatment, and follow up care

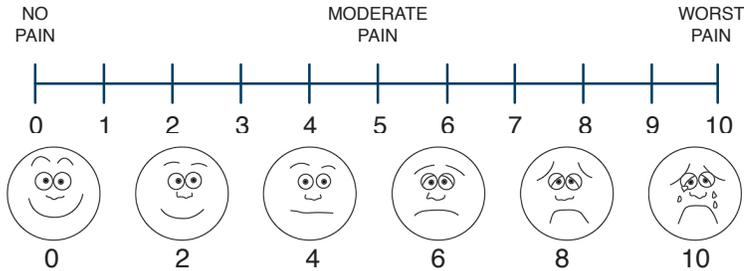
## HERE IS WHAT YOU MAY EXPECT FOLLOWING THE PROCEDURE:

- A compression garment maybe given to you to wear for a few days after the procedure
- You may experience mild to moderate swelling or local inflammation at the injection site and/or harvest side for a few days
- You may have some bruising at or around the site of the fat harvest
- You may be given some pain medication and should follow the doctor's recommendations
- Ice may be used to reduce local inflammation or swelling. Your doctor will recommend how long the ice should be used.
- It is not recommended to take steroids following the Lipogems procedure
- Your doctor will help you determine which activities you can perform and put you on an appropriate treatment plan
- It is not recommended that you participate in strenuous activity for at least 1-2 weeks following the procedure, depending on your procedure and treatment sites



# TRACK YOUR PERFORMANCE

## WHAT WAS YOUR PAIN LEVEL BEFORE YOUR PROCEDURE?



## WHAT IS YOUR PAIN LEVEL AFTER THE PROCEDURE?

<b>MONTH 1</b> 	<b>MONTH 2</b> 
<b>MONTH 3</b> 	<b>MONTH 4</b> 
<b>MONTH 5</b> 	<b>MONTH 6</b> 
<b>MONTH 7</b> 	<b>MONTH 8</b> 
<b>MONTH 9</b> 	<b>MONTH 10</b> 
<b>MONTH 11</b> 	<b>MONTH 12</b> 

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 used to support soft tissue defect repair 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 slight risk of an 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 no 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 the 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 the Lipogems procedure is right for you.

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# FREQUENTLY ASKED QUESTIONS:

## HOW LONG WILL THE EFFECTS LAST FOR?

It is important to closely follow instructions regarding post-procedure activity, treatment, and follow up care. As with all procedures, the individual results may vary. The lifetime of any procedure is dependent on several factors such as severity of the condition and activity level. Your physician will counsel you about strategies for your post procedural care.

## HOW LONG WILL THE CONCENTRATED FAT TISSUE STAY IN THE TREATMENT AREA?

The concentrated fat tissue is injected into the areas of the body in order to help support tissue healing and repair. As part of the overall process, the microfragmented fat from the Lipogems system provides cushioning and support to help the healing process. The microfragmented fat tissue is a sticky substance and the amount of time it will stay in a given area may vary from person to person. The amount of time it stays in the area does not necessarily correlate with the time that it may provide benefit.

## HOW OFTEN CAN I GET THIS OR DO I NEED THIS DONE?

For the vast majority of patients, Lipogems is a one-time procedure. However the effects may vary based on person to person.

