



# Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

## **LIPOGEMS PATIENT INSTRUCTIONS**

**Bryan M. Saltzman, M.D.**

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University  
Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

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### PRE PROCEDURE PATIENT INSTRUCTIONS

#### LIPOGEMS

Wear comfortable clothes the day of the procedure. Your physician will give you disposable clothes for the procedure, but tight fitting clothes will prevent post procedure dressing / compressive garment application.

Stay hydrated and eat a well balanced diet. If Lipogems is being performed in combination with a surgical procedure, your physician will discuss eating and drinking the day of the procedure.

### POST PROCEDURE PATIENT INSTRUCTIONS

#### LIPOGEMS

Since Lipogems is derived from your own fat cells there should be minimal reaction. Lipogems is harvested and injected using sterile technique thereby minimizing the risk of infection. If any adverse reaction occurs, please contact your provider immediately.



Strenuous activity should be avoided for 10-14 days following the procedure. Your provider will counsel you on which activities to resume and when. Normal daily activities are fine.

There may be mild to moderate swelling/bruising at the harvest site, and a “fullness” feeling/stiffness can occur at the injection site that may last 3-5 days.

A compression wrap may be applied to the harvest site and worn 1-2 days in order to decrease bruising and swelling.

Ice is recommended for both the harvest and injection sites to decrease swelling and inflammation.

Steroids, anti-inflammatories or blood thinners should be avoided for 5-7 days after the procedure.

Tylenol is recommended for pain control.

Individual results may vary in response to Lipogems therapy. Different reactions at both the collection and healing sites can occur. It often takes 4-6 weeks to notice improvements and response to therapy.

## RARE SIDE EFFECTS

### LIPOGEMS

If a “ball-like” fluid collection occurs at the harvest site please contact your provider.

If you experience fever, redness, or increasing drainage at the harvest site please contact your physician.