



Specialised in the management of joint and muscle pain.

Bone, Joints & Cartilage Experts

Lipogems uses your body's own fat cells to help heal tissue injury and provides an alternative treatment option to surgery.



How does it work ?

Fat cells, also known as adipose tissue, play an essential role in how our bodies function but can also affect how they heal. Fat contains a network of blood vessels, connective tissue and important regenerative cells that work together as a functioning unit.

Research has shown that fat retains its reparative qualities with age, whereas other tissues such as bone marrow may lose their healing properties.

After harvesting the fat cells from your body, they are processed to preserve the reparative cells and injected into the damaged or injured area. For MSK Doctors' patients who suffer from conditions in multiple parts of their body, several areas may be injected during the treatment.

What kind of conditions can Lipogems treat?

Lipogems can be used to treat a range of conditions that can affect your daily functioning or physical activity. These include joint pain which limits your range of motion and defects in your tendons, ligaments or muscles. It offers another option for patients when conventional treatment with pain killers, steroid injections or physiotherapy have not produced significant effects.

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A small cut will be made to the skin of your midsection which has been numbed with local anaesthetic. A needle will be passed through the cut to allow collection of the fat cells.



The fat cells collected will be processed in the Lipogems device using sterile saline to wash away impurities. This process breaks the fat down into smaller particles while keeping their beneficial properties.



Once the fat cells have been processed, a small needle will be used to inject the Lipogems into the target area or areas. The whole process should take around an hour to complete with MSK Doctors.

What can I expect after the procedure?

- **Pain** - You may experience pain, swelling or bruising at the site of fat collection or injection for 2-3 weeks following the procedure. A compression garment should be worn for the first day or two and ice packs used to reduce inflammation.
- **Exercise** - You should avoid strenuous activity for at least 2 weeks following your treatment to allow your body time to heal.
- **Work** - You may return as soon as you feel able - usually within a few days after the procedure. If your job involves manual work, stay off work for about a week.
- **Driving** - It is not advisable for you to drive immediately following the procedure. You may resume driving when you feel comfortable, usually within two to three hours after your procedure.

What are the possible risks and complications?

- Infection at the site of the injection.
- An increase in inflammation and pain at the site of the injection.
- Bleeding and/or bruising.
- No relief or worsening of symptoms.
- Allergic reaction to the local anaesthetic drug.
- Failure to achieve successful result.
- Injury to the nerves or blood vessels.
- Prolonged stiffness and/or pain.