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Lipogems injection treatment for arthritis

You've been listed for a procedure called Lipogems injection treatment. This is to help with pain from arthritis. Please find below some information about the expected outcome and possible problems for your information:

What is Lipogems? Lipogems is made from your own body's fat. The fat is harvested from your abdomen and then washed and fragmented in a special process. The resulting preparation is then injected into the affected joint.

How does it work? You will be taken to theatre and the procedure is undertaken under sedation and local anaesthetic. A special needle is used to harvest fat from your belly. It will then take a short while to wash and filter the tissue sample. The Lipogems fluid is then injected into the affected joint. This will be done using x-ray guidance to ensure the injection ends up in the right place. The whole procedure will take approximately one hour. You should be able to go home soon after.

Is it going to be painful? You may experience mild discomfort during the procedure, but most patients will not be aware of the procedure as a result of the sedation.

Are there any risks? Risks and complications are rare:

Infection: This is a very rare complication following the injection. If you notice increasing redness, swelling and pain 3-10 days following the injection you should contact the ward, see your GP or attend the A&E department.

Bruising: Mild bruising is common in the area where the fat is harvested. This will disappear with time and is not of any major concern

Pain: You will have mild to moderate pain in the area where the fat was harvested from your belly. This should settle in the days following the procedure. The injected joint may be mildly uncomfortable/irritable for a few days.

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Likely outcome: Lipogems is a new treatment. Although there is good scientific evidence to support its use, there is no success guarantee. According to the published literature about 80% of all patients can be expected to benefit from the treatment.

How long does the effect last for? Hopefully you will experience less pain for at least 9 months following the treatment with Lipogems. Some patients feel the improvement for much longer.

Physio: This will help to support the rehab process.

If you would prefer to discuss this again with me prior to treatment then please contact my secretary: Tel 07935 480188, email jfortho.secretary@gmail.com

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