

## **LIPOGEMS**

Lipogems is a stem cell procedure involving fat tissue. Lipogems involves harvesting fat from the patient's abdomen through a manual liposuction technique. Fat is then separated using a separation chamber. The fat is then injected using ultrasound guidance.

Lipogems is **NOT** a covered procedure by most insurance providers. We do periodically check with insurance providers to determine if there are any coverage changes. Due to insurances not covering the Lipogems procedure, the procedure is self-pay.

**Single Joint Lipogems - \$3,500.00**

**Double Joint Lipogems - \$4,000.00**

### **Dr. Tietze's requirements for Lipogems:**

1. Usually, an initial consultation is required to help determine if Lipogems is the correct treatment for the condition.
  - a. This may include the need for x-rays or further imaging
2. No anti-inflammatories for 7 days prior to the procedure or for 6 weeks after the procedure.
  - a. Anti-inflammatories include ibuprofen, naproxen, aspirin, turmeric, ice, etc.

### **Recovery Expectations:**

- You may be uncomfortable following the procedure for several days. This is a normal response. You are able to take Tylenol and the prescribed pain medication (one-time prescription) to help with the pain.
  - You will be given a short course antibiotic to take after the procedure
  - No anti-inflammatories, including ice, for 6 weeks after the procedure
- You may resume normal activity after the procedure, but we do request that you stay away from exercise for 48 hours following the procedure. Then you may resume your normal exercise routine, if able.
- It is recommended that you attend physical therapy (2-3 times a week for 6 weeks) following the procedure to get the maximum benefits of the procedure
- Follow ups will be scheduled at 2 weeks (can be virtual), 6 weeks, and 12 weeks after the procedure. Of course, you can be seen more frequently, if needed.

Lipogems is completed at the UTSW Medical Center at Richardson/Plano  
3030 Waterview Parkway, Richardson, TX 75080

To schedule an appointment to discuss Lipogems, please call the clinic at 972-669-7179.