



SyngenitTM
SURGICAL

PATIENT INFORMATION BROCHURE

SYNGENITTM SURGICAL
Autologous Stem Cell Therapy for
Cartilage Lesions of the knee

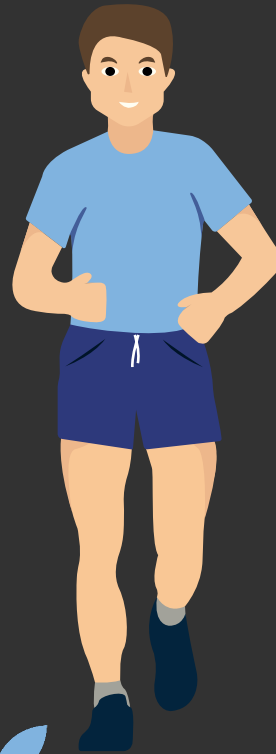
AM I SUITABLE?

Syngenit™ surgical is a surgical procedure for the treatment of isolated articular cartilage damage in an otherwise healthy joint. The technology has been in use for many years. To fully benefit from this procedure, patients should conform to the selection criteria which your surgeon will be happy to discuss with you.

The current analysis of patient outcomes suggests certain criteria will give a more satisfactory result. Here is a patient that fits these criteria.

I am aged 55 or less.

I am a non-smoker. Smoking is detrimental to cell health and healing



This will be my first cartilage regeneration surgery on this knee. Previous surgeries can impact results.

I have a BMI under 35 and I am in good shape.

I have an otherwise healthy knee. This is not a solution for osteoarthritis

Evidence would suggest decreasing satisfaction and success with older patients, smokers, those with a BMI above 35 and multiple previous interventions. Previous interventions would include microfracture, debridement and previously implanted materials. Your surgeon can discuss how you could increase your eligibility and improve your likely surgical outcome. E.g. by stopping smoking or lowering your BMI.

YOUR CONSULTATION

ASSESSING SUITABILITY

At your consultation, you will be offered a Magnetic Resonance Imaging (MRI) scan or a review of a recent scan if you have it. This will enable a visualisation of your knee and enable the healthcare team to determine if you are suitable. You will also be advised if other treatment options may be more appropriate.



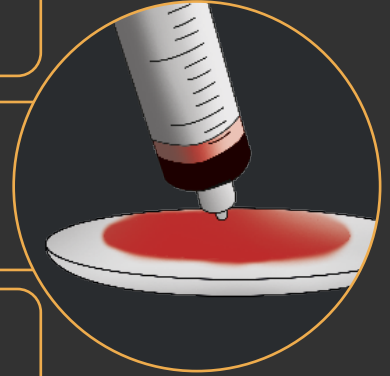
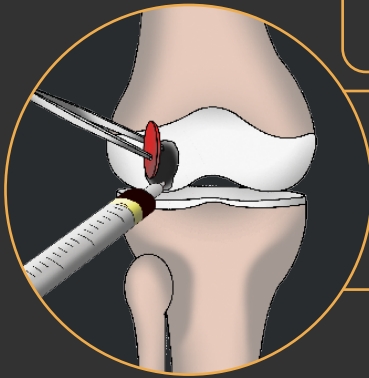
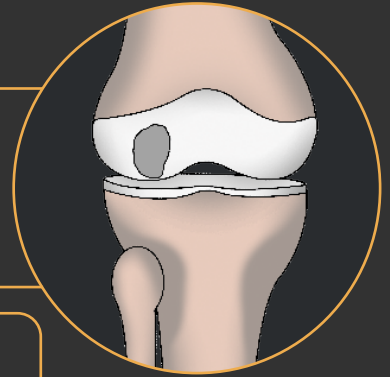
PROCEDURE OVERVIEW

The cartilage defect is identified prior to the surgery using MRI. An arthroscopy may also be used to verify the defect is suitable for this treatment.

Your bone marrow aspirate is harvested and used to produce stem cell concentrate.

The surgeon will make a small incision and prepare the cartilage defect. The stem cell concentrate is applied to a pad.

The pad containing the stem cells is placed into the cartilage defect and secured using a fibrin glue.



THE OPTIMAL BIOLOGICAL ENVIRONMENT

Autologous (Def): Cells or tissues obtained from the same individual

The principle of Syngenit™ Surgical is to create an optimal environment for your own cells to differentiate into new articular cartilage. This is done by concentrating undifferentiated stem cells, using some of your bone marrow. These cells are applied to a pad and retained with a fibrin glue. The objective is to enable these undifferentiated bone marrow cells to become cartilage cells and repair your defect.

A woman in athletic wear is shown in profile, drinking from a teal water bottle. She is standing next to a red bicycle on a sandy beach. The background features a clear blue sky and a distant horizon. A white text box with an orange border is overlaid on the image, containing the quote "I got my life back".

“I got my
life back”

PHYSIOTHERAPY

BACK TO AN ACTIVE LIFE

To get back to an active life a specialist knee physiotherapist will work with you using a specific post operative rehabilitation protocol for stem cell grafting. It is important that you work through the protocol as best you can in order to get back to an active life as quickly as possible.

CHOOSING A PHYSIOTHERAPIST

You may have a preferred physiotherapist who will need to be provided with the protocol. We can also recommend physiotherapy services from selected partners who are familiar with patients undergoing this procedure. Please let us know if you require this service.

Name of Physiotherapist:

Phone Number:

Email:

KEY REHABILITATION GOALS

After Surgery	<ul style="list-style-type: none">- To be safely and independently mobile with an appropriate walking aid, adhering to weight bearing status- To be independent with a home exercise programme as appropriate
1 - 6 Weeks	<ul style="list-style-type: none">- Achieve a range of movement within restrictions- All exercises should be pain free
6 - 12 Weeks	<ul style="list-style-type: none">- Optimise normal movement- Improve strength and balance/proprioception
12 Weeks - 6 Months	<ul style="list-style-type: none">- Optimise normal movement/control- Regain muscle strength in operated leg- Pain free exercises
6 Months +	<ul style="list-style-type: none">- Return to full sports and normal daily activities assuming clinical findings- Confirm a good recovery at review appointment

COMMON QUESTIONS

BEFORE SURGERY

WHAT SHOULD I DO (or not do) THE DAY BEFORE?

At your last clinic appointment you will have received instructions on what to do

WHAT SHOULD I DO (or not do) ON THE DAY?

It is important not to eat or drink beyond the deadline advised by the clinician

THE SURGERY

HOW LONG WILL THE OPERATION TAKE?

Typically the surgery lasts 60 - 90 minutes

WILL I BE GIVEN AN ANAESTHETIC?

You will be given a general anaesthetic and a nerve block to help with pain management

WILL THIS BE PERFORMED ARTHROSCOPICALLY?

The surgeon will make a small incision to treat the cartilage lesion and make another small incision to aspirate the patient bone marrow

AFTER SURGERY

HOW LONG WILL I BE REQUIRED TO STAY IN HOSPITAL?

You are likely to have an overnight stay. In some cases you may be discharged on the same day

HOW MUCH PAIN WILL I BE IN AFTER SURGERY?

You are likely to experience some pain/discomfort which will usually be well controlled with pain killers

BACK TO AN ACTIVE LIFE

HOW LONG WILL MY PHYSIOTHERAPY LAST FOR?

You will be encouraged to follow the knee rehabilitation programme, this can typically be 3-6 months.

CAN I GET BACK TO ACTIVE SPORT / TASKS OR WILL I HAVE LIMITATIONS?

Your physiotherapist will work with you to get you back to an active life as soon as possible



DISCLAIMER

This document is for general information purposes and does not constitute an incentive or directive to receive or undertake the surgical techniques described herein. Patients should discuss their clinical needs with appropriate healthcare professional(s) and make an informed decision as to the most appropriate treatment for them. The authors of this document accept no responsibility or liabilities for the decisions made by the patient. Any patient considering their clinical options hereby understands and accepts this statement.

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Ref. 24April2024_v1.0
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