

Supplementary file 1



Protocol for Small Fat Kit Procedure

Blood

- Draw 4 tubes of blood (Blue Lid Adistem tubes)
- Spin blood for 10 minutes at 100g (The lowest setting on your Centrifuge)
- Draw off plasma – Make sure to get as much of the Buffy Coat (White Line of cells) as possible
- Place the plasma into 2 tubes (Red cap serum tubes)
- Spin the plasma for 2 to 3 minutes at 3000g (The 2000 rpm setting on your centrifuge)
- Remove the supernatant and leave the desired volume
- Mix platelets of all the tubes together
- Add calcium activator solution to the serum and leave to clot

Fat

- Wash fat until all blood and tumescent fluid is washed out
- Add cell extraction media and break down the fat
- Add saline to the broken down fat
- Let it stand for 10 to 15 minutes and add to tubes (Red cap serum tubes)
- Spin for 10 minutes at 600-800g
- Take the supernatant off and re-suspend the stem cell pellet
- Add the stem cells from all the tubes together
- If very fatty spin again for 5 minutes at 600-800g
- Mix stem cells with growth factor fraction (Clotted serum)
- Activate stem cell/growth factor solution with the ADI-Light for 20 minutes
- Inject/Use