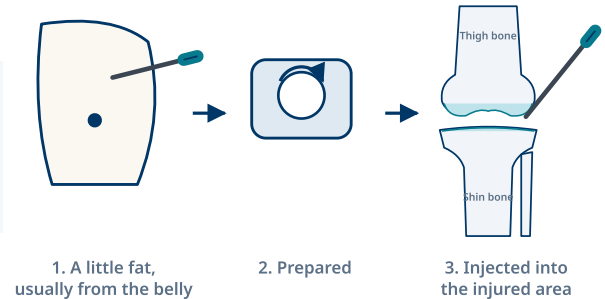


Adipose (Fat) Tissue Therapy

What it is

Adipose therapy uses a small amount of your own fat tissue. It is prepared and injected into an injured area. Research is still early, and results vary.

This treatment is usually self-pay. It is not FDA-approved to treat a specific condition, and research is still evolving. No result can be promised. We give you a written cost estimate first.



Why it is done

- Selected patients with osteoarthritis or tendon conditions
- Patients who have tried standard treatments
- Patients who understand the evidence and self-pay costs

Self-care tips

- Follow your rest and activity plan closely.
- Ask before taking anti-inflammatory pain medicines, like ibuprofen. You may need to avoid them for a time.
- Ice may ease soreness, but ask us first.
- Results, if they come, may take weeks to show.

What to expect

Before: We talk about your goals and review your imaging. You get a written cost estimate before treatment.

During: After numbing, a small amount of fat is taken, usually from the belly. It is prepared and injected, all at one visit.

After: You may wear a snug wrap where the fat was taken. Slowly increase activity as told.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- Pain or swelling that keeps getting worse

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/adipose-fat-therapy/



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This handout is general information and is not a substitute for medical advice.