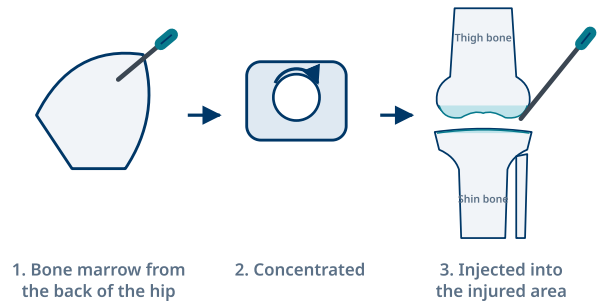


Bone Marrow Aspirate Concentrate (BMAC)

What it is

BMAC uses a small sample of your bone marrow, often from the back of the hip bone. The sample is concentrated 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 bone marrow is taken from the hip bone. It is prepared and injected, all at one visit.

After: The hip and the treated area may be sore for a few days. 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/cellular-therapy-bone-marrow-aspirate-concentrate/



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