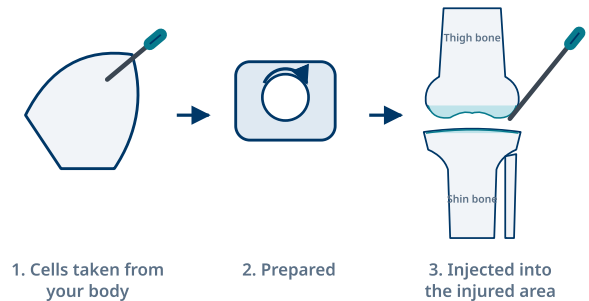


Stem Cell Therapy

What it is

Stem cell therapy uses cells taken from your own body and injects them into an injured area. Research is still early. It is not FDA-approved for any joint or spine condition, 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 limited evidence, self-pay cost and risks

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: Cells are collected from your body, prepared and injected into the injured area, often at one visit.

After: Rest the area as told, then slowly increase activity.

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/stem-cell-therapy/



Scan for the full web page

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