

Stem Cell Procedure Pre and Post Treatment Instructions

Before Treatment:

- If you are taking anti-inflammatory medication (ie: Motrin, Naprosyn, ibuprofen, Aleve, Celebrex, etc.) please discontinue 7 days prior to treatment. You DO NOT need to stop taking aspirin, acetaminophen or any other daily medication.
- If you are currently on Coumadin, Plavix, Lovenox, Pradaxa or other blood thinners we ask that you speak to your PCP/specialist and receive their permission to discontinue for 3 days prior to treatment and resume the evening after treatment. You understand the risk of stopping these medications may lead to significant illness or even death.
- Alert the staff if you have an allergy to anesthetics such as lidocaine, latex, bandages or skin preparation solutions.
- If prescribed pre-procedure medication, please pick that up prior to the day of treatment at your preferred pharmacy

The Day of Treatment:

- Please wear comfortable, loose-fitting clothing such as sports bra or shorts, depending on the site to be treated.
- Follow your normal daily routine on the day of your procedure, and make sure to drink plenty of water.
- It is ok to eat a light meal 1-2 hour prior to treatment. Please stay hydrated (drink plenty of water) a few days prior to your procedure.
- Take the pain medication, if prescribed, 30 minutes prior to treatment
- If taking pre-procedure pain medication, you must have a driver to and from the office.

After Treatment:

- The areas treated and sites from bone marrow or fat grafting will be numb for up to 36 hours after the procedure
- Though you should refrain from strenuous activities, gently moving the treated area will decrease soreness and stiffness.
- Leave the initial bandage over the bone marrow and fat graft harvest sites for 48 hours. It is normal to have a small amount of bleeding from these sites during this time. Replace the bandage if the dressing becomes soaked. After 48 hours, remove the bandages and clean with soap. Apply a standard band-aid and keep the sites covered until the tiny incision has closed completely. Change the bandage daily as needed.
- You will have small band-aids on the area(s) treated that can be removed in 24 hours.
- You may shower 24 hours after the procedure, but do not submerge your body in water for at least 1 week.
- Increased pain in the treatment area for 2-5 days is typical. Return to baseline usually takes 7-14 days.
- You may or may not experience a low-grade fever after treatment. Call if your temperature is above 100.4° F.
- Use Tylenol Extra Strength or prescription medication provided for pain. Avoid taking anti-inflammatory medications such as ibuprofen for up to 4 weeks post treatment.
- A follow-up appointment will be scheduled 6-8 weeks post procedure.
- You may or may not need more than 1 treatment to reach the desired goal for improvement in pain and function. Sometimes a series of 2-3 treatments are needed to achieve complete healing. You are aware that there is no guarantee that you will reach this goal.
- Call the office at 847.866.7846 between 9 a.m. and 4 p.m., Monday through Friday, if you experience any concerning symptom or have a medical question that needs immediate attention. In case of a medical emergency, call 911 immediately.