

STEM CELL INJECTION INSTRUCTIONS



- **Please avoid any anti-inflammatory medications such as ibuprofen, naproxen, aspirin, motrin, advil, aleve, voltaren, or mobic for 3-4 days prior to the procedure. Continue to avoid these medications for 7 days after the procedure. You are allowed to take Tylenol/acetaminophen before and after the injection.**
- Keep the injection site clean and dry with a Band-Aid for 12 hours. You may shower at any time. Avoid pools/hot tubs for 48 hours.
- **If you are having increased pain after the injection, you may apply ice to the injection site for roughly 10 minutes at a time, 3 times a day for the first 24-48 hours.**
- You may use Tylenol (acetaminophen) or Ultram (tramadol) for pain as needed both prior to and after the injection.
- Call the office if you develop drainage from the injection site, increasing redness, fever or chills.
- You may experience some localized swelling and bruising at the injection site that can take 3-7 days to resolve.
- You will be given instructions prior to leaving the procedure room on physical activity you may or may not engage in.
- Stem cells promote growth and healing and it is important to not disturb the area of injection for at least 48 hours. For the 48 hours following the injection, we ask that you refrain from rigorous activities involving the injection site in order to receive the maximum benefit. For lower body stem cell injections, avoid running or impact. For upper body stem cell injections, avoid heavy lifting or rapid, repetitive use of the arm.
- You may gradually increase your activities back to normal over the course of the next 2-3 weeks. Please ask us at the time of injection about any particular activities/sports you would like to return to and we can discuss the ideal time-table for return.
- Stem cell injections do not provide immediate relief. It will likely take months for the full effect. You will not necessarily need multiple stem cell injections. Based on how you respond to the first injection, we will help you determine whether a 2nd injection might be beneficial.
- You may drive home from the procedure if you feel comfortable.

**Note: Stem cell injections are not covered by insurance*

Please call the office with any questions or concerns at 630-584-1400