



HOME CARE INSTRUCTION AFTER STEM CELL THERAPY

AFTER THE PROCEDURE

- Following the procedure, you can resume your daily routine activities but **avoid** strenuous activities such as heavy exercise or lifting.
- You may experience **some pain** during the injection which may last for a couple of days.
- Apply ice packs or cold compresses three times daily for 3 days
- **Anti-inflammatory medications are to be avoided for 7 days after the injection.**

ACTIVITY

- Take it easy today! REST for 24 hours. Then, increase activity as tolerated.
- If you have weakness or numbness anywhere caused by the pain block, limit activity until sensation returns to normal. You may take a shower the next day and remove the band-aids. Avoid tub baths, whirlpools and swimming pools for the next 2-3 days.
- No heavy impact activities for first 4 weeks (jumping, running)
- Physical therapy may be useful after the first 6 weeks for muscle strengthening
- Improvement in some patients is seen in 2 months, for others the regenerative process can take a full year for results

DIET & MED

- Do NOT take NSAIDs (Ibuprofen, Naproxen, Diclofenac, Aleve, Mortin, Advil, Mobic, Duexis, Zorvolex, Zipsor, Vivlodex, Meloxicam, Voltaren, Arthrotec, Relafen, Indocin, Celebrex or similar anti-inflammatory medications etc.) for **7 days** after the procedure (Acetaminophen = Tylenol is acceptable)
- Resume your medications as instructed including pain medication. Resume “Blood Thinners” Plavix, Coumadin, ASA, ect as scheduled.
- You may take extra Tylenol if pain at the injection site persists.

WHAT TO EXPECT AFTER THE PROCEDURE

- You may experience increased pain for 24 hours to 5 days after the injections, or a stiff, full, tight feeling. This is normal. Use ice as needed.
- You may have bruising at the injection site. If so, apply ice.

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR at (888) 987-2727

- Any skin rashes, hives, shortness of breath, or wheezing.
- An increase in your level of pain unrelieved by regular means. Persistent nausea or vomiting.
- Persistent headache which worsens upon sitting or standing if the PRP injection was done on your spine.
- Chills/fever (temperature greater than 101 F).
- To help us check the results of your pain block, please note if and when your pain returns. Also, record the time you begin taking any pain medications. Any other questions/concerns call the doctor’s office at (888) 985-2727

FOLLOW UP

- You should have a follow up appointment within 2-3 weeks. Please call the office at (888) 985-2727 for a follow up appointment.
- Please try to remember quality of pain relief (0 % ~ 100 % pain relief) and the duration (3 hours, 1 day, 14 days, etc.)