

Stem cell therapy instructions

Before Arriving for Your Exam

Do not take aspirin or aspirin-related medications such as non-steroidal anti-inflammatory drugs (NSAID), such as Aleve® or Advil®, for 1-2 weeks before your therapy and for 4-6 weeks after.

These include:

Abciximab (ReoPro) NSAIDs (ibuprofen, naproxen, aspirin)
Cilostazol (Pletal) Prasugrel (Effient)
Clopidogrel (Plavix) Ticagrelor (Brilinta)
Dipyridamole (Persantine) Ticlopidine (Ticlid)
Eptifibatide (Integrilin) Tirofiban (Aggrastat)

Stop taking supplements affecting platelets for two weeks before PRP therapy.

These include:

Black currant seed oil Krill oil
Borage oil Nattokinase
Bromelain Papain
Evening primrose oil Serrapeptase
Fish oil Wobenzyme

Flaxseed oil

You should discuss any changes to your medications with your physician

You should not have Stem Cell therapy if you have:

- Abnormal platelet function
- Active systemic infection
- Active cancer
- Low-platelet count
- Severe anemia

After Arriving

A technologist will ask you a few questions regarding your medical history, they will also do a few simple tests such as taking your blood pressure.

Please inform the technologist and/or physician of any allergies you may have before your exam.

A physician will discuss this therapy with you in detail and answer any questions you may have.

Immediately before your scheduled Stem Cell therapy, bone marrow is harvested from your pelvic bone which contain the stem cells and your body's natural healing components (growth factors).

During Your Stem Cell Exam

During the treatment, a local anesthetic is used on the affected region and then the stem cell is injected under ultrasound-guidance to stimulate and enhance healing.

In most cases, one treatment is enough, but in certain cases between one and three treatments are recommended for maximum benefit over 4 to 6 weeks.

After Your Exam

[Stem Cell Post-Operative Instructions](#)

Immediately after the procedure, you will remain lying down and under observation for a few minutes up to 30 minutes.

All NSAIDs should be avoided for four to six weeks after treatment. Other pain medications, such as Tylenol are acceptable.

1. Apply an ice pack for 10-15 minutes on the injected area every 2 hours for 6-8 hours following the procedure.
2. You may apply a lidoderm patch for 6-7 hours for up to 12 hours after the procedure.
3. Avoid major physical activity for two to four weeks.
4. Do not take any drugs or food supplements (see list above) affecting platelets for one to two weeks.

Your Musculoskeletal Physician will prescribe pain medication as needed.

Avoid heavy repetitive activities to affected area for 4 weeks.

Patients typically notice improvement in 6 weeks

If the affected area is your foot or ankle, you will need to wear a boot-type immobilizer. For 48 hours you will need to keep all weight off that foot. The boot immobilizer should be worn for 2 to 3 weeks after the injection.



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Avoid heavy or repetitive physical activity with the treated body part for up to a week to allow the healing to occur. If the affected area is your elbow, for example, avoid vigorous activities, strong gripping or lifting of loads heavier than 10 pounds for 4 weeks after the injection.

There may be some swelling and soreness at the injection site for a day or two. Ice and pain medicine should alleviate the soreness and swelling. Elevate the leg or arm, and limit your activities as much as needed to remain comfortable.

You might have some discomfort in the area of the injection that can last a few days or up to a week. Sometimes it can seem like your injury is worse than before the treatment, but that is because an inflammatory response has just been stimulated. This is common, and the temporary worsening of your symptoms usually doesn't last. Since stem cell's effectiveness is based on your own body's ability to heal, most patients notice improvement after 2 to 6 weeks. In most cases, pain is replaced with soreness and then the soreness goes away. Strength and endurance slowly increase with time. Many patients notice improvement for as long as 6 to 9 months.