

## WHAT CAN I EXPECT POST-PROCEDURE?

Stem cell procedures are usually outpatient, meaning there is no need for an overnight hospital stay. Most patients should expect to walk out of the clinic and resume low-impact activities immediately.

Some patients have reported experiencing mild pain for the first 48-72 hours post-procedure. In most cases, this is due to absence of their normal anti-inflammatory and pain relief drugs. After this period, most patients experience a gradual decrease in pain, with some experiencing sustained pain relief. Soon afterward, patients may see improved function and regenerated tissue.



## WHEN CAN I RESUME PHYSICAL ACTIVITY?

The most important part of any stem cell therapy is adhering to your post-procedure restrictions. For the procedure to yield lasting results, most physicians strongly recommend:

- No anti-inflammatory medications for two weeks post-procedure.
- Rest as much as possible for the first 24 hours.
- Restrict the hip to general use for the first 2 weeks.
- For weeks 3-4, walking and cardio are allowed.
- After 4 weeks, weightlifting and running are permitted.



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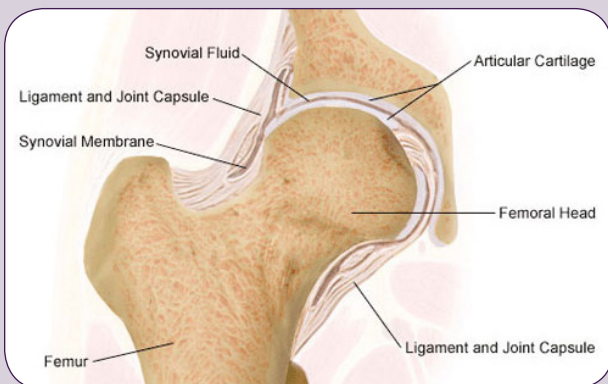
## PATIENT EDUCATION: THE USE OF STEM CELLS IN HIP THERAPIES



## THE HEALTHY HIP

The hip joint is a load-bearing ball-and-socket joint that relies on surrounding muscles, ligaments, and connective tissues for proper function. Here is a brief overview of the properties of a healthy hip:

- The human hip is composed of the head of the thigh bone (femur) and the socket (acetabulum) of the pelvis.
- These bones are held together by tendons and ligaments, and separated by a shock-absorbing layer of smooth articular cartilage called the labrum.
- The labral cartilage allows the acetabulum to roll over the femoral head with little resistance, like ice gliding on ice.



## PROBLEMS OF THE HIP

Some common pathologies experienced in the hip include:

- Osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis.
- Labral tear or other articular cartilage injury.
- Bone fracture from age or injury.
- Trochanteric bursitis, an inflammation of the cover of the point of the hip.
- Swollen or inflamed synovium, the lining of the joint.

## WHAT IS A STEM CELL PROCEDURE?

A stem cell procedure harnesses and amplifies the body's natural mechanism for healing and anti-inflammation. This mechanism uses adult autologous stem cells, derived from your own bone marrow.

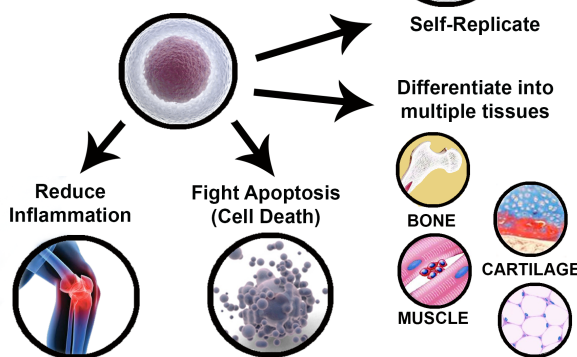
In the procedure, the physician will aspirate these cells from the iliac crest of your pelvis, concentrate them, then apply them to the injury site of the hip. In all, the process takes less than 45 minutes.

Depending on your condition, your doctor may decide to deliver the stem cells following an arthroscopic procedure to remove damaged cartilage or bone. This will not affect the procedure, it actually allows the surgeon to visualize the target site.

Because the therapy will utilize a concentrated serum of your own cells, the procedure is considered “autologous point-of-care”. The procedure is fast, and in many cases can be completed without sedation.

### What is a Stem Cell?

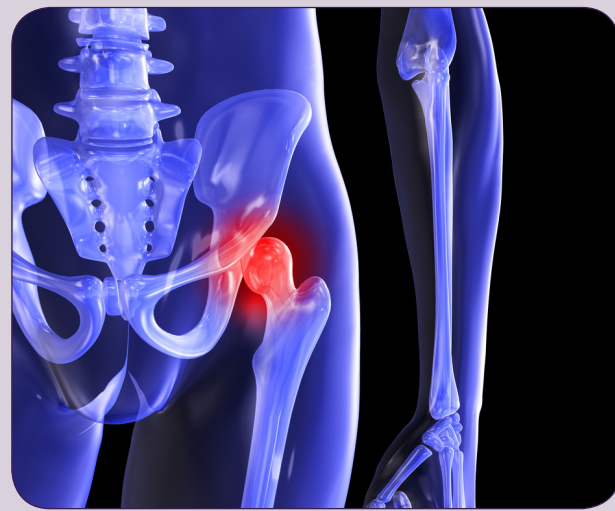
A mesenchymal stem cell is a primitive cell with the ability to:



Adult stem cells are the means by which our bodies naturally heal throughout our lifetime

## WHO IS A GOOD CANDIDATE FOR A STEM CELL PROCEDURE?

The ideal candidate for a stem cell procedure is a patient that wants to use their body's own regenerative potential as an option to possibly delay or avoid invasive surgery.



## PREPARING FOR MY PROCEDURE

As with any medical procedure, it is important to consult your physician about preparation.

Because the stem cells communicate with the inflammatory environment around them, non-steroidal anti-inflammatory drugs (NSAIDs) should not be taken for two weeks prior to the procedure.

