

# BEFORE YOUR STEM CELL PROCEDURE



## ■ IMPORTANT PREPARATIONS:

- Prepare to be at the office for 1 hour.
- Depending on the injection site, we recommend you make arrangements to have someone drive you home.
- Please call Colorado Pain at 303.GOT.PAIN (468.7256) for special instructions if:
  - You are experiencing fevers, chills, flu-like symptoms, or any sign of infection.
  - You are taking antibiotics or being treated for an infection.
  - You have a history of allergies to Lidocaine/ Novocaine, or Latex.
  - There is a possibility you could be pregnant.
  - You are nursing.

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■ Do NOT take Aspirin or products containing Aspirin for 7 days prior to your injection.

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■ Do NOT take non-steroidal anti-inflammatory medications for 7 days prior to your injections. (Ibuprofen, Advil, Naproxen, Aleve, Celebrex, etc.)

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■ Do NOT resume them until 3-4 weeks after your injection.

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■ Please drink 12-16 ounces of water the night before the procedure.

## ■ ABOUT THE PROCEDURE:

Please wear comfortable loose fitting clothing like sweats. We may also ask you to change into a gown depending upon your injection site. A simple blood draw is usually done first. The main portion of your procedure follows, starting several minutes later with a bone marrow aspiration. After thoroughly numbing the skin and deeper tissues, the doctor makes a small incision, then taps a hollow needle into the bone and into the bone marrow cavity.

Using a syringe attached to the needle, the doctor withdraws a sample of the liquid portion of the bone marrow. You may feel a brief sharp pain but most people report a strange pressure sensation. The aspiration takes only a few minutes. Several samples may be taken.

The health care team checks the sample to make sure it's adequate. Rarely, fluid can't be withdrawn and the needle is moved for another attempt. Active Stem Cells are concentrated out of the marrow and then injected into multiple sites to ensure an optimal treatment area. You will be monitored for approximately 10-15 minutes after your injection before leaving the clinic.

For more information about Stem Cell treatments, visit [www.denverstemcell.com](http://www.denverstemcell.com).

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## ■ FOLLOWING THIS PROCEDURE, PLEASE BE ADVISED OF THE FOLLOWING RECOMMENDATIONS, UNLESS OTHERWISE SPECIFIED BY YOUR TREATING PHYSICIAN:

- Pressure and sterile strips will be applied to the area where the needle was inserted to control bleeding. Then a bandage will be placed on the site.
- You'll be asked to lie on your back for 10 to 15 minutes and apply pressure to the aspiration site. You can then leave and go about your day; returning to normal activity as soon as you feel up to it.
- Take the rest of the day off.
- A moderate amount of discomfort is expected due to the process of inflammation and is how the procedure provides benefit. Inflammation drives repair of the damaged tissues into which the blood and/or stem cells have been injected; however, it also causes swelling and tenderness. Tylenol and mild heat may help the discomfort. Your doctor will also prescribe stronger pain medication if needed temporarily. This pain flare is usually worse in the first three days following, but can last up to two weeks.
- Refrain from any athletic or significant physical activity involving the body part for FOUR WEEKS. Necessary activities of daily living are permissible, but do not engage in any deliberate exercise, such as running, skiing, weight training, or other sporting pursuits.
- Do Gentle stretching and range of motion exercises in weeks 1-2 with gentle strengthening in weeks 3-6. Our Sports Chiropractor will guide your custom physical rehabilitation program with 2-4 sessions starting around week 3.
- You may be able to start light aerobic training in a week unless otherwise indicated by the doctors.
- Your final session is usually 8-10 weeks following the procedure.
- If you have >80% improvement in pain, then no further action is required.
- If your pain is about 50% improved and still improving, then reassess after an additional 4 weeks.
- If you have had <50% improvement and a plateau has been reached after 8 weeks, a repeat injection of either PRP or Stem Cells may be recommended.

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