

Ortho Biologic Post Treatment Instructions (PRP & BMC)

PRP and Stem Cell Discharge Information

- o Expect to have significant pain after the procedure:
 - Some patients do not have pain, but this is not common
 - On average, pain lasts 3-4 days and gradually decreases, in some rare cases it may last up to 2 weeks.
- o The areas treated and sites from bone marrow will be numb for 2-6 hours after the procedure.
- o Though you should refrain from strenuous activities, gently moving and elevating the treated area will decrease soreness and stiffness. Rest for 48 hours post procedure. Begin gentle range of motion exercises at 72 hours. Start physical therapy 1-2 weeks following treatment.
- o You will have small band-aids on the area(s) treated that can be removed in 24 hours.
- o You may shower, but do not submerge your body in water (ie: bath, hot tub, swimming, etc.) for 48 hours.
- o After injection, pain may increase for several hours before stabilizing. Increased pain in the treatment area for 2-5 days is typical. Return to baseline varies and usually takes 7-21 days.
- o You may or may not experience a low-grade fever after treatment. Call if your temperature is above 100.4 F.
- o Use Tylenol Extra Strength or prescription medication provided for pain. Avoid taking anti-inflammatory medications such as ibuprofen for up to 4 weeks post treatment.
- o Avoid icing the area(s) treated for up to 10 days post treatment.
- o A follow-up appointment will be schedule 4-6 weeks post procedure.
- o Bone Marrow procedures: leave the initial bandage over the bone marrow sites for 48 hours. It is normal to have a small amount of bleeding from these sites during this time. Replace the bandage if the dressing becomes soaked. 48 hours after the procedure remove the bandages and clean with soap. Apply a new bandage, and keep the site covered until the incision has closed completely. Change the bandage daily as needed.
- o You may or may not need more than 1 treatment to reach the desired goal for improvement in pain and function. Sometimes a series of 2-3 treatments are needed to achieve complete healing. There is, however, no guarantee that you will reach this goal.
- o You may not feel immediate pain relief from this procedure:
 - Joints can take between 4-6 weeks to *start* feeling some relief.
 - Tendons can take between 6-10 weeks to *start* feeling some relief.
 - Maximal improvement occurs over a period of several months.
- o Call the office at **602.277.6211** between 8 a.m. and 5 p.m., Monday through Friday, if you experience any concerning symptom or have a medical question that needs immediate attention. In case of a medical emergency, call 911 immediately.