

Advanced Stem Cell Therapy FAQs



1. How is PRP/BMA Delivered to the injured area?

The physician will use ultrasound guidance for target placement of your body's platelets/stem cells into the damaged tissue. The sample can be injected into an injured tendon, ligament, nerve, muscle, bone or joint.

2. How do you determine the proper treatment for an injury?

This decision, made by the physician, is individualized and based on personal experience as well as the published research of other practitioners who perform similar procedures around the world. Depending on the severity of the injury and/or disease, some patients require PRP alone, some BMA alone, and others PRP and BMA at the same time.

3. Will the injections be painful?

There is some discomfort in obtaining the bone marrow aspirate that is minimized by using a local anesthetic. A varying degree of discomfort is also associated with the initial injection of a local anesthetic at the injured site. However, there should be minimal pain during the administration of the PRP or BMA. Usually, the anesthetic lasts for a couple of hours. You may experience significant discomfort for the first 24 to 72 hours during the healing process. The physician will prescribe a pain medication to help manage your discomfort. Tylenol can also be used.

4. How long before I can resume activity?

This is an outpatient procedure that results in little down time for the patient. Typically, we do suggest patients rest after the procedure, but they can return to normal activities within around 3 days. We hope for slow steady improvements over 8-12 weeks but benefit may continue to 6 months.

5. How will I know if I need more treatments?

Patients may require one (1) to three (3) treatments and typically experience improvement in pain and mobility within 4-6 weeks with continued improvement over 3 months after the procedure. A one-time treatment is most common. This can vary depending on the severity of your disease and intensity of your activity level during the healing process. Our goal is to have significant improvement in pain and function. Specific goals will be made for you at an initial consultation.

6. Are there any adverse effects to the treatments?

The most common side effect is post treatment discomfort. For the first 72 hours some patients may experience low-grade fever, swelling at the site of the injection, body aches, and fatigue. Specific risks and benefits for each treatment of interest will be discussed at the time of the initial consultation.

Please call our office at 602.277.6211 with any additional questions.