

Pre-Stem Cell Procedure Checklist

1

Stop all medications as outlined on the “Medication to avoid’ list.

** Especially ensure all blood thinners and anti-inflammatories have been discontinued*

2

You ARE ALLOWED (and encouraged) to eat and drink before the procedure.

3

Make sure you have arranged for a driver the day of your procedure.

4

Plan your schedule so you can rest for the 2-3 days after your procedure.

5

Please inform your TOCA physician and the staff of any medication allergies.

** Notify your TOCA physician if you have a history of cancer or if you are over 65 years of age and have not had DEXA scan within the past 2 years*

6

Only local anesthetic is used for the procedure. You will not “be put to sleep” with general anesthesia.

7

If you have any additional questions or concerns, please contact our office at: 602-277-6211 or jblazuk@tocamd.com

Team Physicians and Orthopedic Surgeons for:

