

STEM CELL THERAPY BEFORE YOUR PROCEDURE

- Patients should discontinue use of all medications listed below. This includes any anti-inflammatories, blood thinners, and other medications as outlined.
- There are no restrictions with food or drink before your procedure.
- Try to schedule yourself 2 or 3 days of rest after your procedure.
- Inform our office of any medication allergies.
- General anesthesia is not used during these procedures. Our physicians will use local anesthesia to numb the injection site.
- If you have questions or concerns about your procedure, call our office at 770-421-1420 or visit our website: <http://lowbackpain.com/services/regenerative-medicine.asp>

MEDICATION LIST TO DISCONTINUE BEFORE STEM CELL THERAPY **Discuss with your primary care doctor before stopping any medications**

ANTI-INFLAMMATORIES

These medications should be discontinued a week prior to your procedure.

- NSAIDs (including: Advil, Motrin, Aleve, Voltaren, Mobic, Celebrex)
- ASPIRIN
- STEROIDS

BLOOD THINNERS

- Coumadin, Plavix, Xarelto, Pradaxa, Eliquis, Aggrenox

In the presence of these medications, stem cells do not flourish, which is why we recommend discontinuing the use of these medications 7 days before your procedure and continuing to stay off these medications 4 weeks after your procedure. Do not discontinue use of these medications unless your primary care doctor approves.

- Osteoporosis Medications- Bisphosphonates
- Reflux (GERD) Medications- Proton Pump Inhibitors such as Prilosec, Prevacid, Zegerid, Protonix, Nexium, and AcipHex

STEM CELL THERAPY AFTER YOUR PROCEDURE

- Pain relief will not be immediate. You should expect to feel relief anywhere from 2-4 weeks to a few months after the procedure depending on where the injection was given.
- Everyday activities are OK after the procedure, but exercise limits are listed below.
- You should expect to have some discomfort after the procedure. Not all patients experience pain, but those who do have pain can expect it to lessen after 3-4 days.
- Ice can be used as often as needed after the first 24-48 hours; however, it is not recommended that you use heat on the procedure area until after 3-4 days as it can increase pain.
- Tylenol (acetaminophen) and prescription pain medication may be used for any discomfort, but NSAIDs are not recommended for at least 4 weeks.

Days After Regenerative Procedure	Medications	Limits	Activity Recommendations
0-3	<ul style="list-style-type: none"> • Avoid all NSAIDs • Tylenol and pain medication as prescribed by your physicians is OK • Medications listed on the discontinue page should not be taken 	<ul style="list-style-type: none"> • No heat on injection site, use ice as much as needed for pain • Using a brace is recommended 	<ul style="list-style-type: none"> • Rest as much as possible • Day to day activities OK • No excessive exercise or weight training • No deep tissue massage
4 days-2 weeks	<ul style="list-style-type: none"> • Avoid all NSAIDs • Tylenol and pain medication as prescribed by your physicians is OK • Medications listed on the discontinue page should not be taken 	<ul style="list-style-type: none"> • Do not use ice on injection site • Heat is allowed 	<ul style="list-style-type: none"> • Day to day activities OK • Range of motion stretching OK • No excessive exercise • No deep tissue massage
2-4 weeks	<ul style="list-style-type: none"> • Avoid all NSAIDs if possible • Tylenol and pain medication as prescribed by your physicians is OK • Medications listed on the discontinue page should not be taken 	<ul style="list-style-type: none"> • No restrictions 	<ul style="list-style-type: none"> • Weight training with low weight acceptable • Trigger point massage OK • Light aerobic exercise
4 weeks	<ul style="list-style-type: none"> • Medications can be taken as needed, no restrictions 	<ul style="list-style-type: none"> • Follow up with doctor to see if another injection is necessary 	<ul style="list-style-type: none"> • May resume normal exercise activities