

Important Information About Your Medications & Supplements

Please review the following important instructions regarding your medications and supplements prior to your upcoming regenerative medicine procedure:

1. You may continue taking your regularly prescribed medications **unless** specifically instructed otherwise by your provider.
2. If your medication regimen includes a blood thinner or other special medication, our clinical team will give you specific instructions.
3. Please **STOP** taking any Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) ****14 days before**** your procedure. These medications may interfere with your body's natural healing response. This includes both prescription and over-the-counter medications such as:

Aspirin (unless prescribed for cardiac reasons—check with your doctor)

Alka-Seltzer	Ecotrin	Naproxen (Aleve)
Bayer Back and Body	St Joseph's Aspirin	
Bufferin	Fiorinal	
Celebrex	Indomethacin	
Diclofenac	Meloxicam (Mobic)	
Excedrin	Relafen (nabumetone)	

4. Please stop other anti-inflammatory pain relievers not listed here.
5. Do NOT take any over-the-counter pain relievers, headache relievers, cold/flu medications, menstrual pain relievers or combination medications that contain Aspirin or a NSAID in the 14 days leading up to your procedure unless cleared by our office.
6. Stop oral and IV steroids 6 weeks before your planned procedure. Avoid having any steroid injections into the body area you will be having BMAC or PRP injected for at least 90 days prior to your procedure.
7. Stop the following supplements and vitamins **1 week** prior to your procedure:

Aloe	Garlic Capsules	Turmeric
Astaxanthin	Ginger	Vitamin A
Curcumin	Ginkgo Biloba	Vitamin E
Fish Oil	Ginseng	
Flax Oil	Green Tea Supplement	

8. **If you're unsure whether a medication /supplement is safe to take, please contact us. When in doubt, ASK FIRST.**

Thank you for helping us ensure the success of your regenerative medicine treatment.

Please call our office if you have any questions: 315-552-6754