

## Pre and Post Instructions for BMAC or PRP therapy

To optimize the best possible outcomes from your treatment, it is in your best interest to follow these pre and post-treatment instructions carefully.

By adhering to these guidelines, you are contributing significantly to the success of your therapy. We are committed to supporting you throughout this journey towards improved health and wellness.

### Preparation Instructions

#### 1. At your office consultation with your physician

- Discuss allergies, past surgeries, and your overall health condition with your doctor.
- Provide us with a complete medication list. Include both prescribed medication(s) as well as all over the counter pain relievers, supplements and vitamins.
- Discuss the goal(s) you are looking to achieve.

#### 2. Medication Adjustments:

- Some medications; especially anti-inflammatory drugs, supplements and vitamins, will need to be stopped week(s) before the treatment. **For instructions pertaining to all medications see the document: "Information on Medication and Supplements".**

\*\*\*Following the specific HOLD times that we listed on the Medication Document will give your body the best chance of regeneration and minimizes the risks to you.

#### 3. Hydration and Diet:

- Stay hydrated and maintain a healthy diet leading up to the day before your treatment.
- Avoid alcohol and smoking 7 days prior as it can negatively affect the healing process.
- The day of your procedure, if you are receiving sedation, do not eat or drink for 4 hours prior to your procedure.

#### 4. Physical Preparation:

- Get plenty of rest the night before.
- Shower the morning of your appointment.
- Wear comfortable, loose-fitting clothing on the day of your treatment.

#### 5. Location of Procedure

- Location: Heritage One day Surgery Center 5496 East Taft Road, North Syracuse
- Arrive at least 30 minutes before your scheduled time.

#### 6. Arrange Transportation:

- Plan for someone to drive you to and from your appointment even if you do not receive sedation.



## Post-Treatment Instructions

### 1. Medication Adjustments:

- Aspirin and Non-steroidal medications are to be held for 14 days post procedure.
- Supplements may be resumed 1-week after your procedure.
- Blood thinners maybe be resumed the day after your procedure.
- Tylenol (Acetaminophen) can be taken to assist with managing injection site pain or soreness. Follow the instructions on the bottle.
- No steroids of any type for 90 days is ideal, and no steroids injected in the area that had BMAC or PRP for 90 days post procedure.

### 2. Pain Management:

- You may experience mild discomfort or swelling at the injection site. Avoid ice around the injection area for the first 3 days. On the 4th day use ice on the area for 20 minutes at a time for 3-4 times a day.
- It is typical to experience redness, warmth and increased pain in the treatment area for 2-5 days.

### 3. Activity Restriction:

- Avoid strenuous activities and heavy lifting for four weeks after the treatment.
- On the 3<sup>rd</sup> day after the injection begin returning to regular daily activities, but continue avoiding strenuous exertion that involves the area of the injection for 6 weeks .
- Begin gentle range of motion exercises and stretches 3-14 days after the injection but continue to avoid significant exertion involving the area of injection for 6 weeks.
- Most pts can return to work/school the next day.
- Work notes can be provided upon request, please ask your provider or call us.
- Do not shower, bathe, or go swimming for 24 hours after BMAC. After 24hours you can bath or shower and take off your bandages.
- If you have bleeding at the area where the bone marrow was taken, apply direct pressure on the area. Press firmly on the area with a clean dry gauze pad, towel or cloth. Keep pressing for several minutes, applying pressure until bleeding stops. If the bleeding doesn't stop call us.

### 4. Hydration and Diet:

- Continue to drink plenty of water.
- Maintain a healthy diet.
- Avoid smoking and limit alcohol for at least 4-6 weeks post-procedure as it can hinder healing.

### 5. Follow-Up Appointments:

- Attend all scheduled follow-up appointments to monitor your progress.
- Keep a record of any changes or improvements you notice.

## Remember

Every individual's response can vary. It is important to maintain open communication with us, Please report any concerns or unusual symptoms immediately.

It may take up to 2-3 weeks to return to your initial level of pain when you walked into our office before this procedure.

It is a normal part of the healing process to experience "roller coaster" syndrome, where you feel great one day and for no apparent reason the area treated starts to hurt again.

You may start to notice some level of improvement in 4-6 weeks after your procedure, though this can vary, for some it may take longer. Everyone responds differently, and while many do experience relief, positive results cannot be guaranteed.

Please do not hesitate to contact us. 315-552-6754



### **How to contact us**

Questions about your treatment, scheduling, or payments

Call: 315-552-6754

Hours: Monday–Friday: 8-4

\*You can contact us on the portal with questions as well. If you do not have a portal account with us, connection may take up to 48 business hours.

#### **After-Hours Care**

If you need to speak to a provider urgently outside of business hours, call 315-552-6754 and follow the prompts to reach the on-call staff.

#### **Emergency Situations**

If you are experiencing a medical emergency, call 911 or go to the nearest emergency room.