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Stem Cell/PRP Injection Procedure - Information/Instructions

After treatment:

- If given local anesthesia, you may be numb in the areas treated for 2-4 hours after the procedure. If there is numbness we ask that you refrain from any strenuous activities, but to still stay mobile.
- After the anesthesia wears off, you may resume activities to tolerance of pain.
- You may experience pain and soreness for 3-7 days after your procedure. If liposuction was performed you will have bruising and soreness in the areas fat was removed. The initial inflammatory phase lasts 7 days and the secondary phase can last up to 14 days.
- **No anti-inflammatory medication** - Aspirin, Ibuprofen, Motrin, Aleve should NOT be used for 4-6 weeks after treatment.
- You may use **Tylenol** or **heat/ice** to combat pain/swelling. In terms of ice: use for 10-20 minutes to cool the skin, and repeat every 2-3 hours. You may also use **MSM 3000-5000mg up to 3x per day if needed.**
- You will experience what we call the “roller coaster” syndrome. This is where you may feel great some days, and terrible other days. This is normal in the healing process. And will typically last for two months.
- We ask that you please email once per month to check in with Dr. Goodman to let him know how you are doing. (pain scale: 1-10; 0=no pain, 10=intense pain)
- The PRP is active for a number of weeks and the healing will continue for 6-12 months.
- Depending on the specific site/circumstances of the procedure, you will likely be given a referral to physical therapy or massage. We ask that you follow these post-treatment instructions to help with the success of your healing. Results are significantly enhanced when the patient stimulates blood flow/movement at the site of the treatment. Physical therapy/massage will aid in this process.

***Our goal is 80% improvement in pain.** You may or may not need more than one treatment to reach this goal. Sometimes a series of 2-3 treatments are needed to achieve complete healing. If subsequent treatments are needed they are usually performed 8-12 weeks apart.*

*** We would like you to call us a week after the procedure, and at anytime if you have questions or concerns!**