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Stem Cell/PRP Injection Procedure - Information/Instructions

Before treatment:

- *It is important that you pick up the prescriptions from your pharmacy (that Dr. Goodman has prescribed) you before the time of your procedure.*
- *Please do **NOT** take prescribed pills until instructed By Dr. Goodman in the office.*
- *Apply **EMLA Cream** 1-1.5 hours prior to procedure. Apply the cream over the area to be injected thick like you are frosting a cake. Do not rub the cream into your skin. **Apply plastic wrap over the cream to keep it in place.***
- *Please wear comfortable clothing, pjs, sweats, etc.*
- *If taking **NSAIDs** (anti-inflammatory medication: Motrin, Maprosyn, Asprin, Advil, Aleve) please discontinue for 5-7 days prior to treatment. If taking 81mg Asprin, please discontinue also.*
- You may use **Tylenol** or **MSM** 3000-5000mg up to 3x per day if needed for severe pain before and after the procedure.
- Be sure to have a **light meal with in 3-4 hours BEFORE your procedure.**
- **You will need a driver!!** Please make arrangements ahead of time to be dropped off and picked up the day of procedure.
- The procedure can take from 1-3 hours to perform.

Upon arriving at our office, you will be re-examined. Prescriptions brought to the office will be given to you by Dr. Goodman. Blood and/or stem cells, will be drawn and you will be prepared for your procedure. The cells removed will be spun down in a centrifuge, and separated.

Ultrasound may be used to guide where the doctor will treat. Those areas will be marked and may be numbed with local anesthesia.

You may be asked to test the areas of pain by walking, running, going up and down stairs, moving your limb in range of motion.

Your Platelet Rich Plasma (PRP) or stem cells will be injected into the same areas that have been marked.

Physical Therapy is required after most procedures. Please let us know who you would like to see for treatment.

If you have any questions please call the office (530) 605-4557. Thank You!