



CELLULAR THERAPY POST-PROCEDURE CARE INSTRUCTIONS

On the day of procedure

- You may be sore today, this is normal
- Numbing agent will begin to wear off in 1-2 hours
- **Tylenol** for pain relief is **OK** to take as needed
- Use heating pad to relieve discomfort
- After treatment, heat is preferred. If the pain is more substantial, 10/10 pain, hot & cold contrast therapy may be used. To do this, apply a warm compress or heating pad for 3 min followed by an ice pack for 1 minute. Alternate 3 times. Ending with heat. This may be repeated up to 3 times per 24 hours.

The following are **NOT** allowed for **8 weeks** after treatment

- **NO ASPIRIN**
- **NO ADVIL/IBUPROFEN/NAPROXEN/ALEVE/MELOXICAM/CELEBREX**
- **NO ICING**

ACTIVITY RESTRICTIONS

- Refrain from high impact activities for 3 weeks
- You may continue all other activities and may be weight bearing in supportive shoe gear. Please contact our office if you are unsure about this or have any other questions.
- PLEASE AVOID ALCOHOL FOR 3 WEEKS if you have had a stem cell treatment

CALL THE OFFICE (808-575-2328) IF YOU EXPERIENCE ANY OF THE FOLLOWING

- Excessive pain in the area of the procedure
- Redness, swelling, or irritation in the area of the procedure
- Fever, chills, headache, body aches or other flu-like symptoms