

POST PRP PROCEDURE DISCHARGE INSTRUCTIONS **FOR REGENEXX PROCEDURES**

- *****PLEASE DO NOT APPLY ICE FOR THE FIRST 72 HOURS AFTER YOUR INJECTION*****
- **After** your first 72 hours, you may apply ice to the injection site for 20 minutes every 2-3 hours.
- Keep your wound clean, dry and covered with a Band-Aid for 12-24 hours after your procedure. You may shower at any time.
- About 1 out of 10 patients will experience a post-injection flare due to your immune system being hyper-stimulated. This may make the first 24-48 hours after the injection *very painful*. If you start getting very sore within a few hours after the injection, please begin using your pain medication. It is much easier to stay ahead of pain, rather than trying to wait and catch up. This allows you to actually use less pain medication in the long run.
- **Do not use any prescription or over the counter anti-inflammatory medicines such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, Daypro, Feldene, Lodine, Orudis and Ansaid for 3-4 days prior to the procedure. Ideally, we would like you to avoid the use of these medications for 10-12 weeks. Starting these medicines earlier can be discussed with Dr. Stiene.**
- **Prednisone or any other oral or inhaled corticosteroid medications must be discontinued 3 weeks prior to and 4 weeks after any of these procedures.**
- **If another physician would like to put you on a new medication or if you are not sure if a medication should be taken please call the office at 513-354-3700.**
- You may use Tylenol (Acetaminophen) or Ultram (Tramadol) as needed for discomfort.
- Call the physician if you develop drainage from the injection site, bleeding, or fever.
- You may experience some localized swelling and bruising at the injection site that will take 3-7 days to resolve.
- You will be given instructions prior to leaving the procedure room on what sort of physical activity you may or may not engage in.
- In general, for upper extremity procedures do not do any repetitive motion, pulling, tugging, grasping or gripping with the upper extremity until re-evaluated at your next visit.
- For lower extremity procedures such as injections into the hip, thigh, knee, ankle, and foot, you will likely need to use crutches for a day or so depending on the amount of discomfort that you have post-procedure. If bearing weight increases your pain, use the crutches until you can ambulate without an increase in pain.
- You may drive home from the procedure if you had an upper extremity injection without a nerve block and drive an automatic transmission.
- It is strongly recommended that if you have a lower extremity procedure, you have someone drive you home.

Please call the office with any questions or concerns at 513-354-3700.