



Stem Cell Pre-Injection and Post-Injection Instructions

Before Injection:

- ❖ Avoid NSAIDS like Ibuprofen, Aleve, and Advil for 3 days prior to your injection.
- ❖ Remember to fill prescription for *Niravam* and bring it with you to your procedure.

After Injection:

- ❖ Apply ice every 4 hours as needed for pain for the first 48 hours.
- ❖ Avoid NSAIDS like Ibuprofen, Aleve, and Advil for 5 days after your procedure.
- ❖ Avoid smoking if possible.
- ❖ You may remove the steri-strips from your hip wound 5 days after your procedure.
- ❖ It is ok to shower without a dressing/bandage.
- ❖ Normal walking only for 2 weeks; no vigorous exercise involving the knee.
- ❖ You may use an Ace wrap or knee sleeve if it helps with pain.
- ❖ Follow up with Dr. Dodgin in 7-10 days.

Important Numbers: