

Non-Operative Reparative Treatments Post-Procedure Instructions

Post-Procedural Care

Every person and procedure are different. You may experience side effects following sedation, anesthesia, and the use of relaxant medication. These side effects include but are not limited to:

- Lapses in memory
- Dizziness
- Blurred vision
- Slowed reaction time
- Muscles numbness and weakness
- Impaired judgement

Activity Limits

Activity restrictions will vary and should be discussed with your healthcare provider.

Bathing

To decrease the risk of infection, avoid extended submergence of injection site in water for 72 hours after your procedure. This includes:

- Bathtubs
- Swimming pools
- Hot tubs

You may shower 24 hours after your procedure. Avoid scrubbing the injection site.

Managing your Pain

If you had a PRP (platelet-rich plasma) procedure

You may have mild discomfort at the injection site.

If you had a BMAC (bone marrow aspirate concentrate) procedure

The site from which the bone marrow was collected may be sore for a few days after your procedure. You may use ice over the collection site. This should be limited to three times per day for 15-20 minutes maximum each time. **Do not use heating pads or any other form of heat on the collection site or injection site for two days after the procedure.**

Pain Medications

Avoid use of anti-inflammatory medications for at least two weeks after your procedure as they can impact your platelets. These medications include aspirin, ibuprofen (Advil and Motrin) and naproxen (Aleve and Naprosyn).

You may take acetaminophen (Tylenol) unless you are instructed otherwise by your healthcare provider.

Please speak with your healthcare provider regarding which pain medications are approved to take.

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Blood-Thinning Medications

Blood-thinning medications can impact clotting and bleeding. Your healthcare providers will determine when you can resume use of these medications.

To learn if medication you take can impact your clotting and bleeding, speak with your healthcare provider or pharmacist.

Corticosteroid Medications such as Cortisone, Steroids and Prednisone

Do not take corticosteroid medication for at least 30 days after your procedure. These medications can disrupt the reparative process, as well as negatively impact your healing course. If there is a medical reason why you need to take corticosteroid medication within the 30 days after your procedure, please speak with your healthcare provider to determine the best plan for you.

Questions

Southeast Orthopedic Specialists is dedicated to your outcome. If any questions or concerns arise, please call Southeast Orthopedic Specialists at 904.634.0640.