



## ***Pre-Procedure Instructions for Stem Cell/PRP Injections***

- Please stop all aspirin, aspirin products, and all nonsteroidals – except Celebrex– 5 days before the procedure. Examples of nonsteroidals that need to be stopped are: **Motrin, Advil, Naprosyn, Naproxen, Aleve, Indocin, Lodine, Orudis, Relafen, Daypro, Tolectin, Mobic, Torodol, Voltaren, Trilisate, Dolobid, Arthrotec, Ibuprofen, Diclofenac and Clinoril.**
- If you have questions regarding these types of products or their discontinuation, you should discuss this with one of our staff.
- If you take fish oil or Vitamin E supplementation, please stop these 5 days prior to the injection.
- If you take **Coumadin, Heparin, Lovenox, Warfarin, Pradaxa, Debigatran, Orgaran, Innohep, Fragmin, Argatroban, Plavix, Effient, Prasugrel, ReoPro, Ticlid, Trental, Persantine,** or any other **blood thinner**, notify your doctor. This medication must be discontinued prior to an injection and requires permission from the provider prescribing it.
- Do not eat 4 hours or drink 2 hours prior to the procedure. You may take routine a.m. medications with a small amount of water.
- You may be requested to obtain laboratory work and an EKG prior to your procedure. This will be discussed and ordered, if necessary, at the pre-procedure appointment with your provider.
- For your safety, you must have a responsible adult to drive you home. Failure to have a driver may result in the cancellation of your procedure. Taxis are not permitted.
- If you have any problems, please contact our office directly to speak with a medical assistant.
- You will need to schedule a follow-up appointment for approximately 10 days to 2 weeks after your procedure. If this is not already scheduled please contact our office to schedule immediately.



**S O U T H W E S T**  
**Spine & Sports**

## ***Post Procedure Instructions for Stem Cell/PRP Injections***

- It is expected to have increased pain for the first 2 days after the injection. Some degree of discomfort may last up to 2 weeks. If you are in an excessive amount of pain, please call our office.
- **DO NOT** soak the affected area(s) in a bathtub, pool, spa, etc. for 48 hours after the procedure. Showering is acceptable.
- **DO NOT** ice the injected area for at least 2 weeks after the procedure. The treatment causes an inflammatory response as part of the healing process. Using ice will inhibit the process.
- Do not take any anti-inflammatory medications 2 weeks after your injection. This includes Aspirin, Aleve, Advil, Ibuprofen, and Naprosyn. If you are having discomfort after the procedure, it is recommended that you take Tylenol, or we can prescribe something stronger if needed. Please let us know the day of the procedure if you feel this may be needed.
- For the first 48 hours after the procedure, rest the area as much as possible and limit your activity as tolerated.
- **DO NOT** do any strenuous or weight bearing activities for 2 weeks after the procedure. You may continue normal/everyday activities, such as driving or walking, until seen again in our office.

**Please do not hesitate to call our office with any questions or concerns at (480) 860-8998.**

---

### **Scheduling Information**

***Date of Procedure:*** \_\_\_\_\_ ***Arrive at:*** \_\_\_\_\_

***NSASC Location: 9439 E. Ironwood Square Dr, Suite 100, Scottsdale, AZ 85258***  
***Phone: (480) 355-3750***

© Southwest Spine and Sports. All Rights Reserved. No duplication or reuse of any item without the express written consent of Southwest Spine and Sports

***Follow Up Date:*** \_\_\_\_\_ ***Time:*** \_\_\_\_\_ ***Location:*** \_\_\_\_\_