

Cosmetic Surgery Institute  
73-710 Alessandro Drive, Suite A1  
Palm Desert, CA. 92260  
Tel: (760)837-0364 Fax: (760)837-3843



**Pre-Procedure Fat Derived Stem Cell Harvesting and Deployment Instructions:**

Please follow these instructions as indicated. If anything is unclear, feel free to contact our office for further information at: Cosmetic Surgery Institute at (760)837-0364.

**Please report any infections, and/or surgery (especially DENTAL) at least three (3) weeks prior to your procedure.**

**If you have any dental problems or are currently seeing a dentist for any condition, please notify us since this may adversely affect your SVF procedure. Avoid any dental procedures for 4 weeks after your SVF deployment, unless it is an emergency.**

**If you are on blood thinners, please discuss these with our office prior to your procedure to determine if it necessary to discontinue them.**

**Blood Thinners:**

- o Aspirin/Ibuprofen
- o Aggrenox
- o Coumadin
- o Heparin
- o Lovenox
- o Plavix
- o Xarelto

**If you are not sure about a medication that you are taking, please consult a pharmacist.**

**Day of the Procedure:**

- The day of your appointment for the stem cell deployment, take a shower. Wash all areas of your body thoroughly with antibacterial soap.
- Wear loose, baggy clothes or sweat pants and a comfortable top.
- Please, no eating or drinking after midnight before your procedure, as you'll be getting some sedation. You can eat right after your procedure.

**Your Procedure:**

A "mini" liposuction procedure to harvest stromal vascular fraction (rich in stem cells) is done in our surgical facility under local anesthetic. You will be asked to lie on the exam table and a small area of your waist is exposed. Iodine soap is used to clean the harvesting site, and sterile drapes are placed over you to help prevent infection. **Inform your doctor if you have any history of an iodine or shellfish allergy.**

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You are given injections of anesthetic into your skin to prevent you from feeling pain. Once the anesthetic takes effect, the doctor makes a small puncture and removes some fat with a suction device. You may feel a pulling sensation during this process. The procedure takes about 20 minutes. The puncture heals naturally without stitches.

### **After the Procedure:**

In general, your post-stem cell treatment period should be marked by modified physical activity for 48 hours. DO NOT engage in any strenuous activity, heavy lifting, or athletics for a period of seven days. Your physician may give you additional specific instructions on activity depending on what type of stem cell deployment you had.

- You will need someone to drive you home.
- Any discomfort you feel is usually very mild. If you need it, an over-the-counter pain reliever may help.
- Place an ice pack on your liposuction harvest site if there is any discomfort.
- A slight to moderate amount of bruising and swelling is expected.
- We recommend that you wear the compression binder (if applied) overnight. You may shower or bathe the next day. You may want to re-apply the binder for up to one week as it will maintain compression on the wound and may provide added comfort. This is optional, and you may leave it off if you find it very uncomfortable
- The above applies only to patients that undergo only stem cell therapy.

If you go home please be advised to these strict instructions, patients that receive either an **intrathecal or epidural deployment**, you need to be recumbent at home or in their hotel room for a few hours after the injection, to avoid the risk of a spinal headache. Do not travel immediately following the deployment.

- Also, for any patient undergoing an **intradiscal deployment** (directly into the intervertebral disc), this can be uncomfortable. Generally, this injection is more uncomfortable than a facet or epidural injection

**When to Call Your Doctor: Dr. Ball and Dr. Zakhireh at (760)837-0364. (during business hours; after hours or weekends).**

**If you notice any of the following after surgery:**

- **Increasing pain or swelling in your harvested area**
- **A large black-and-blue area, or a growing lump**
- **Fever or chills**
- **Increasing redness or drainage at the incision site**
- **Excessive bleeding from the puncture wound.**

**We are very excited about the prospect of what stem cells are capable of achieving; accomplishing. We look forward to your results and following you through this exciting phase of modern medicine advancements.**

**Sincerely,  
CSI Staff**

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**{INITIALS}**