



california stem cell
TREATMENT CENTER

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

STEM CELL INJECTION POST – OPERATIVE INSTRUCTIONS

Injection site instructions:

- 1. IF YOU HAD INJECTIONS TO YOUR KNEES and HIPS, FOR THE NEXT FOUR (4) WEEKS, NO RUNNING, NO POUNDING, NO STAIRMASTER. HOWEVER, YOU MAY SWIM, BIKE AND WALK WITH NO TENSION.**
- 2. IF YOU HAD INJECTIONS INTO YOUR SPINE, TAKE IT EASY FOR THE FIRST 24-HOURS. NO HEAVY EXERCISING. HOWEVER, YOU MAY SWIM, BIKE AND WALK WITHOUT TENSION.**
- 3. IF YOU HAD INJECTIONS INTO YOUR SHOULDERS, NO OVERHEAD LIFTING FOR FOUR (4) WEEKS. HOWEVER, ARMS AND ELBOWS MUST ALWAYS BE AT THE SIDE E.G., SIDE CURLS ARE OKAY. AT THIS TIME, YOU MAY BIKE AND WALK.**
- 4. IF YOU RECEIVED EITHER AN INTRATHECAL OR EPIDURAL DEPLOYMENT, PLEASE KNOW WE NEED YOU TO BE RECUMBENT AT HOME OR IN YOUR HOTEL ROOM FOR A FEW HOURS AFTER THE INJECTION TO AVOID THE RISK OF A SPINAL HEADACHE. YOU SHOULD NOT BE TRAVELING IMMEDIATELY FOLLOWING THE DEPLOYMENT.**
- 5. IF YOU HAD AN INTRADISCAL DEPLOYMENT (DIRECTLY INTO THE INTERVERTEBRAL DISC), PLEASE KNOW THIS CAN BE UNCOMFORTABLE. GENERALLY, THIS INJECTION IS MORE UNCOMFORTABLE THAN A FACET OR EPIDURAL INJECTION.**
- 6. IF YOU ONLY HAD AN IV DRIP. NO VIGOROUS PHYSICAL ACTIVITIES FOR 2 DAYS FOLLOWING TREATMENT.**

Please contact Cosmetic Surgery Institute at (760)837-0364, for any post-operative questions and/or concerns.

{INITIALS}



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Harvested fat site instructions:

1. You can expect:
 - Moderate discomfort from where the fat was harvested; please take Tylenol for the pain, as directed.
 - Moderate swelling – worst days are usually the 2nd and 3rd days.
 - Variable black and blue discoloration.
 2. Call Dr. Ball and Dr. Zakhireh at (760)837-0364 if you have:
 - Severe pain not responding to medication.
 - Marked swelling, or obviously more swelling on one side than the other.
 3. Avoid prolonged exposure to the sun and heat for 2 weeks.
 4. **We recommend you wear the compression binder (if applied) over night. 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.**
- Visits will be determined by Dr. Ball and Dr. Zakhireh.

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