



# Orthopaedic Specialty Institute

## Medical Group of Orange County

### Regenerative Medicine at OSI – Information for Patients

#### What is it?

- Platelet Rich Plasma (PRP): concentrated platelets and growth factors taken from your blood, with a normal blood draw – just like routine lab work
- Mesenchymal Stem Cells (MSC's): stem cells from your own bone marrow, or processed amniotic fluid purchased in advance; powerful anti-inflammatory properties, pain relief, *possible* tissue regeneration

#### What conditions are treated?

- Knee: Mild to moderate arthritis, cartilage loss or injuries, meniscus tears, tendon problems
- Hip: Mild to moderate arthritis, cartilage loss or injuries, labral tears, tendon problems
- Foot/Ankle: Mild to moderate arthritis, cartilage loss or injuries, ankle laxity, sprains/tears, plantar fasciitis, tendon problems
- Shoulder: Mild to moderate arthritis, cartilage loss or injuries, rotator cuff tendon problems or partial tears, labral tears, AC separation
- Elbow: Mild to moderate arthritis, cartilage loss or injuries, partial UCL tears, tennis/golfer's elbow
- Hand/Wrist: Mild to moderate arthritis, cartilage loss or injuries, tendon problems

#### Will it work?

- Every patient/case is different. Your team of physicians should discuss your situation in detail prior to the procedure.
- Best case scenario - you should expect a gradual improvement, over many weeks or months with less pain, and better function
- You may experience the "roller coaster" syndrome where you feel great one day and for no apparent reason the area(s) treated starts to hurt again. This is normal in the healing process.
- You may or may not benefit from a repeat injection 10-12 weeks after your initial treatment depending on your initial response
- It is NOT a "cure", or "miracle" procedure that will restore your injured area to its original state

#### Safety concerns?

- FDA "approved" in compliance with CFR 21 Part 1271 – it's a procedure, not a product or device

#### Procedure Day:

- Please ask your physician any questions you may have about your diagnosis and treatment plan prior to your procedure day.
- If you are taking any NSAID's (ie: Motrin, Naprosyn, Advil, Aleve, Celebrex, etc.) please stop them 5-7 days prior to treatment. You do not need to stop taking aspirin unless your physician tells you differently. If you are currently on Coumadin, Plavix, Lovinox, Pradaxa or another blood thinner we ask you to see your PCP/Specialist and receive their permission to discontinue this medication for 3 days prior to a bone marrow procedure and resume the evening after treatment. You understand the risk of stopping these medications may lead to significant illness or even possible death.

- Please arrive well-hydrated to your appointment to make the blood draw or stem cell procedure as easy as possible
- The night before and the morning of your procedure, scrub your entire body with anti-bacterial soap.
- Please wear comfortable, loose fitting clothing, sports bra or shorts depending on site treated.
- Alert the staff if you have an allergy to anesthetics, bandages or skin preparation solution.
- Follow your normal daily routine on the day of your procedure; you may eat and please make sure to drink plenty of water.

**After Regenerative Medicine Procedure:**

- Do not submerge the treated area in water for 48 hours. You may shower normally.
- If you had a bone marrow procedure - It is normal to have a small amount of bleeding from the site for 24-48 hours - replace the bandage if it becomes soaked. At 24 hours after the procedure, remove the bandages and clean with anti-bacterial soap, apply antibacterial ointment and cover with a new bandage. Keep covered until incision has closed and change your bandage daily.
- Avoid strenuous activities, but gentle motion will decrease soreness and stiffness.
- It is typical and NORMAL to experience increased pain in the treatment area for 2-5 days after your procedure. If you have worse pain more than 5 days after, please call your doctor.
- Please monitor at the injection site for worsening pain beyond expected, redness, swelling, and warmth. Please call your treating physician if noted, this may be a sign of a reaction at the procedure site or infection.
- Use Tylenol or Rx medication for pain. Apply ice for pain or swelling (10-20 minutes every 2-3 hours). Make sure to place a barrier between your skin and the ice.
- No anti-inflammatory medication (Ibuprofen, Motrin, Aleve, Meloxicam, Celebrex, etc.) should be used for 2-4 weeks after the treatment.
- You may be given a brace or other device for comfort, along with Rx for pain medication
- Expect to start gentle physical therapy about 2 weeks after the procedure