

## What To Expect After Surgery

Chase D. Smith, MD

### STEM CELL INJECTION

#### Post-Procedure Care

- You may put weight on the involved leg as tolerated.
- Ice your hip if needed for 20 minutes at a time (minimum of 20 minutes between sessions)
- You should be able to return to work/school as soon as you feel comfortable, likely 2-3 days.

#### Pain Control

- Ice will help control swelling and pain at the hip aspiration site.
- We recommend you take over-the-counter analgesics (i.e.: Tylenol) as needed for 24-48 hours, then decrease as tolerated.
- Do not take prescription or over-the-counter anti-inflammatories for 6 weeks after your injection. This includes Advil, Aleve, Celebrex, Mobic, Naprosyn/Naproxen, etc.

#### Follow-Up

- **You do not need physical therapy after this procedure, we recommend that you take it easy for a day or two, then resume normal activities as tolerated.**
- At discharge, you will receive a follow-up appointment for 6 weeks post-procedure. You will also receive post-procedure prescriptions.