



Stem Cell Injection FAQ and Instructions

Pricing

The \$2500 is for everything done the day of the procedure, which includes both PRP (\$600-1000 dollar fee by itself so great value) and Stem Cell injections. Some patients also request IV stem cells. IV Stem Cells would be an additional \$1000. We don't really know what the best treatment is yet, hence the reason for the research study. This is cutting edge technology. Some doctors argue that IV therapy alone may be as effective as even local injections as the cells go to where they are needed to fix the damage. I disagree and will always do the local injections as the priority and the IV therapy is just icing on the cake but unlikely needed for most musculoskeletal conditions, but could add additional healing potential. We mainly use IV therapy for more systemic issues like Rheumatoid Arthritis, Multiple Sclerosis, COPD, Chron's, ALS, Parkinson's, etc.

We do require payment in full on the day of service. Right now we are currently offering the discounted rate of \$2500. We do not take American Express.

We have financing options available with CareCredit, with 6 months no interest. If you are interested you should call Stacy prior to the procedure to get preapproved.

Preparation for procedure day

If we are injecting around the spine or pelvis, you may want to consider getting in for 1-2 adjustments prior to the procedure to get you aligned, then we can lock the correct alignment in place with the injections.

You do not have to receive the adjustments from us. Everyone has a different style of adjusting and finding the style that you best respond to is the most important.

DO NOT USE ANY NONSTEROIDAL ANTIINFLAMMATORY DRUGS for at least 5 days prior to and at least 5 day after injections (preferably 2-3 weeks after) such as: Aleve, Advil, Motrin, Ibuprofen, Naprosyn, Celebrex, Aspirin (unless for heart)

Do not receive steroid injections one month prior to the injections. These drugs will stop the beneficial effects of the injections.

DO NOT SMOKE or use Tobacco products.

Bracing and Support

It is usually helpful to have some support around the area being injected after the procedure, depending on the location being treated. We recommend Bauerfeind braces for knee, ankle, wrist, and shoulder. These may be covered by your insurance. We will need to know your measurements at least 1 week prior to the procedure to make sure we have the correct brace on hand. You are also welcome to buy one from a local sporting good store or use what you already have.

Kinesiotaping can also be helpful. We carry SpiderTech tape (that is precut for the region of interest) in the office and can be applied after the injections and will help for about 1 week after injections.

Active compression sleeves like Incrediwear can also be helpful.

You may want to bring spanx to help with abdominal compression after the procedure. We will provide you with an abdominal binder to help with some of the liposuction discomfort as your skin can feel bruised for about 1-2 weeks after the procedure.

Optimizing nutrition

- Optimal results can be improved with appropriate nutritional support and adequate protein intake

Adequate protein intake (at least 1 gram/kg/day ~ 70-100 grams) can sometimes be difficult and using a protein shake (whey, pea or rice – avoid soy), or gelatin/collagen can be helpful to achieve your desired intake

A great shake that can help boost recovery is SFH Recovery with BCAA's, Glucosamine Chondroitin, Creatine, DRibose, CoQ10, and Acetyl L carnitine

- There are several good combination dietary supplements to choose from like:

Ligament Restore by Pure Encapsulations 4 tablets per day
Joint Tendon Ligament I by Douglas Labs 3 tablets per day
Collagenics by Metagenics 2 tablets 1-3 times per day
Matrixx by Allergy Research Group 2 tablets 3 times per day

- Individual supplements that can be helpful:

Zinc 30-50 mg/day
Vitamin C 1000-2000 mg/day
Glucosamine Sulfate 1500 mg/day
MSM (methylsulfonylmethane) 2 gram/day
Calcium 600 mg/day for 7-10 day
Guna Matrix 30 drops/day
Vitamin D 2000iu 2times/day

I would recommend starting any discussed supplement regiment at least 1 week prior to the injections and continue for at least 1 month after injections for optimal results.

The following is the website for the group that we are a part of. As you can see there are only a few clinics across the country offering this type of therapy. The site has more information about stem cell injections and what the current evidence shows if you look through some of the other pages.

<https://www.regenerismedical.com/provider-network/>

Procedure Day

We start at 9 am. Please allow 4 hours for the entire procedure. It is recommended to have a driver if possible. It takes about 1 hour to harvest the fat from you (liposuction), then about 1-2 hours to process (which you don't have to be present for), then about another 30-60 minutes for injections.

During the 1-2 hour processing you are free to leave and go get an early lunch or run some errands if you want.

Please hydrate on the day of the procedure as we will be drawing off at least 60 cc's of blood so we want good veins. You are welcome to eat before the procedure, but may not want to eat until after the harvesting (liposuction) as we usually will use the abdomen for the harvest site and may be more uncomfortable with a full stomach. Also you will have time before the injections to go get brunch if you wanted to.

Feel free to bring music with headphones or an ipad/tablet, or something to read during the liposuction as it does take about 45 minutes to 1 hour and can be helpful to have something to distract you from the procedure.

We have available Nitrous Oxide gas (laughing gas) to help with any procedural pain/anxiety if you would like it (additional \$100 fee), although if you have tolerated any prior injections then you should do just fine with the stem cell injections

We can also send in Valium to help with any preprocedural anxiety. (If you do want the Valium, you will need a driver)

Post Procedure Days

Please allow for 1 week of low key activity after the procedure

Act and prepare like you are having an outpatient surgery because basically you are.

You MAY take TYLENOL, EXTRA STRENGTH TYLENOL, ACETAMINOPHEN, or the pain medications prescribed by Dr. Ehle for pain control.

- If prescribed apply the LIDODERM patch every twelve hours.
- Ice or mild heat may be applied for ten minutes per hour if needed.

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If possible do not receive steroid injections one month before or after the injections. These drugs will stop the beneficial effects of the injections.

DO NOT SMOKE or use Tobacco products

CALL THE OFFICE or go to the Emergency room if you experience any of the following symptoms:

- Drainage or heat at the injection site that may be associated with an increased body temperature.
- Severe pain at the injection site that does not decrease over several days (call)
- Cough, shortness of breath, chest pain
- Hives or itching
- Postural headache, worse standing and better lying down
- Unexpected side effects from your treatment.

To achieve the optimal benefit from the injections:

- Resume light activities such as walking for the first three days after the injections. This will help to prevent stiffness and improve range of motion. After four days, resume your exercise program, and increase your walking and workout time. Return to your normal activity as tolerated. Avoid very strenuous activity until your ligaments are healed.

It is ideal to get you plugged in to a local physical therapist or working with our personal trainer at the office to help rehab you after the injections

You may shower, but do not soak in water for 24 hours after your injections.

The harvest site will have a compression dressing with a tegaderm covering it, it may start to leak on the night after the procedure, this is normal as we had to put in as much fluid as we are taking out fat. You can use a maxipad as a absorbent pad under the abdominal binder or spanx if needed. You may apply double antibiotic ointment on the harvest site until the site has healed.

Other options for accelerated healing

Infrared sauna can be helpful with the pain after the injections as well as speed the recovery process

Using our hyperbaric chamber can also be helpful for speeding the healing process

IV nutritional support can be helpful – If you are interested in this, we will need to preorder your supplies at least 1-2 weeks before the procedure