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Patient Instructions Following Bone Marrow Aspirate Concentrate Injection

You have just successfully undergone a BMAC (bone marrow aspirate concentrate) injection. It is our hope that over time, this will help improve your pain and diminish your pain.

Two medications were injected: an anesthetic (numbing medication); and BMAC.

- The anesthetic (e.g. lidocaine) was used to numb the injection site
- BMAC was injected.

As a precaution, we ask that you adhere to the following post-injection instructions:

1. Following the procedure you will be asked to remain for 15 minutes to insure that the procedure was tolerated well.
2. It is suggested for you to go home and not go back to work or do errands.
3. Do not shower until the next day.
4. Do lie on the site of the biopsy to help control the bleeding.
5. Ice should be applied to the area of injection for about 20 minutes, 4 times per day for the next 48 hours.
6. DO NOT TAKE anti- inflammatory medications for the next two weeks.
7. Pain can make you fairly uncomfortable. Pain pills are prescribed for this purpose (no driving while taking narcotic medication!!). It usually resolves in the first few days.
8. If given a brace or sling is mandatory and not for comfort only. It is to be used at all times except when showering or dressing. If the right lower extremity is involved then the brace may be removed for driving only and then replaced ASAP.
9. After 2-3 days, normal activities are allowed with the brace or sling. This would include going to work, driving, errands, school, etc.
10. A follow up post procedure exam will be scheduled for about 2 weeks.

For any questions or concerns, do not hesitate to call DFW Sports Medicine and speak with the physician.



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