



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

BMAC POST-INJECTION INSTRUCTIONS

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Post-Procedure Patient Instructions for Bone Marrow Aspiration Concentration Injections

- The areas treated and harvest site (if cell treatment) will be numb for 1-2 hours after the procedure
- Refrain from strenuous activities but gently moving the treated area will decrease soreness and stiffness
- It is expected to have increased pain for the first 2 days after the injection. Some degree of discomfort may last up to 2 weeks. If you are in an excessive amount of pain please call our office.
- **DO NOT** soak the affected area(s) in a bathtub, pool, spa, etc for 48 hours after the procedure. Showering is fine. Leave the initial bandage over the bone marrow harvest (if performed) site for 24 hours. It is normal to have a small amount of bleeding from these sites. If the bandage becomes soaked, remove and clean area with soap and water and cover with Band-Aid or other dressing.



- **DO NOT** ice the injected (treated) area. The treatment causes an inflammatory response as part of the healing process. Ice will inhibit this. You may ice the harvest area (pelvis or blood draw area).
- Apply heat to injected / treated area for 15 minutes every 2-3 hours while awake for 1 week. This provides a necessary warm environment for optimal cell growth. You may experience a “roller coaster” pain pattern. Feeling great one day and in pain the next. This is normal in the early healing process.
- **DO NOT** take any anti-inflammatory medication, blood thinner medication, and/or supplements/vitamins after your injection until instructed to do so. This includes: **Aspirin, Goody Powders, Advil, Ibuprofen, and Aleve**. These medications, along with some supplements/vitamins may decrease the effectiveness of the cell therapy injection. Tylenol is recommended for pain control.
- For the first 48 hours after the procedure, rest the injected area as much as possible and limit activity.
- **DO NOT** perform any strenuous activities for 2 weeks after the procedure. You may continue normal/everyday activities such as driving or walking.
- For Bone Marrow or Fat tissue harvest (not PRP or amniotic injections) please arrange transportation after your treatment.
- **If you have any concerns or questions, please contact your OC provider**