



Pre-Procedure Fat Derived Stem Cell Harvesting and Deployment Instructions

Please follow these instructions as indicated. If anything is unclear, feel free to contact our office for further information at: Ocean Springs office 228-875-2840 or (866)885-4823

Please report any infections, and/or surgery (especially DENTAL) at least three (3) weeks prior to your procedure.

If you have any dental problems or are currently seeing a dentist for any condition, please notify us since this may adversely affect your SVF procedure. Avoid any dental procedures for 4 weeks after your SVF deployment, unless it is an emergency.

If you are on blood thinners, please discuss these with our office prior to your procedure to determine if it necessary to discontinue them.

Blood Thinners:

- Aspirin
- Aggrenox
- Coumadin
- Heparin
- Lovenox
- Plavix
- Xarelto

If you are not sure about a medication that you are taking, please consult a pharmacist.

3 days prior to Procedure:

- Wash with Hibiclens soap 3 days prior to your Stem Cell Procedure. This may be purchased at any pharmacy.

Day of the Procedure:

- The day of your appointment for the stem cell deployment, take a shower. Wash all areas of your body thoroughly with Hibiclens soap.
- Wear loose, baggy clothes or sweat pants and a comfortable top.
- There are no dietary restrictions either before or after your stem cell procedure. However, no alcohol should be consumed 8 hours prior to your visit, and a light meal rather than a heavy one is preferable before the procedure.

Your Procedure:

A “mini” liposuction procedure to harvest stromal vascular fraction (rich in stem cells) is done in our surgical facility under local anesthetic. You will be asked to lie on the exam table and a small area of your waist is exposed. Iodine soap is used to clean the harvesting site, and sterile drapes are placed over you to help prevent infection. **Inform your doctor if you have any history of an iodine or shellfish allergy.**

You are given injections of anesthetic into your skin to prevent you from feeling pain. Once the anesthetic takes effect, the doctor makes a small puncture and removes some fat with a suction device. You may feel a pulling sensation during this process. The procedure takes about 20 minutes. The puncture heals naturally without stitches.



Gulf Coast Stem Cell

& Regenerative Medicine Center

AN AFFILIATE OF THE CELL SURGICAL NETWORK™

Dr. Hazem Barmada

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Toll Free: 866.885.4823

Local: 228.875.2840

Afterhours: 228-282-0202

After the Procedure:

In general, your post-stem cell treatment period should be marked by modified physical activity for 48 hours. DO NOT engage in any strenuous activity, heavy lifting, or athletics for a period of seven days. Your physician may give you additional specific instructions on activity depending on what type of stem cell deployment you had.

After direct injections:

- If you had injections to your knees and hips, for the next 4 weeks, no running, no pounding, no stairmaster. However, you may swim, bike and walk with no tension.
- If you had injections into your spine, take it easy for the first 24 hours. No heavy exercising. However, you may swim, bike, and walk without tension.
- If you had injections to your shoulders, no overhead lifting for 4 weeks. However, arms and elbows must always be at the side, example, side curls are okay. At this time, you make bike and walk.

Strictly avoid any non-steroidal anti-inflammatory medications (e.g., Motrin, Advil, Naprosyn, etc) for TWO weeks after your stem cell injections.

- It is advisable to have someone available to drive you home if possible.
- Avoid prolonged exposure to the sun and heat for 2 weeks.
- Place an ice pack on your liposuction harvest site if there is any discomfort.
- We recommend you wear the compression binder (if applied) overnight. You may shower or bathe the next day. You may want to re-apply the binder for up to one week as it will maintain compression on the wound and may provide added comfort. This is optional and you may leave it off if you find it very uncomfortable.

What to Expect:

- Moderate discomfort from where the fat was harvested; please take Tylenol for pain, as directed.
- Moderate swelling – worst days are usually the 2nd and 3rd days.
- Variable black and blue discoloration.

When to Call Your Doctor

During regular hours please call Dr. Barmada on the office numbers listed on page 1, (after hours and weekends on (228)282-0202), if you notice any of the following after surgery:

- **Increasing pain or swelling in your harvested area**
- **A large black-and-blue area, or a growing lump**
- **Fever or chills**
- **Increasing redness or drainage at the incision site**
- **Excessive bleeding from the puncture wound**