**Cell Therapy Recovery**

It can take up to **3 MONTHS** to fully recover and notice changes following Cell Therapy. You may have to limit your activity until your strength and movement return to normal. You may also be in a physical rehabilitation or therapy program. This care sheet should give you a general idea about how long it will take for you to recover, but each person recovers at a different pace. Following the steps outlined below will promote a quicker recovery.

**How can you care for yourself at home?**

***Activity Level***

* Walk each day. Each day try to walk a little more than you did the day before gradually increasing your distance. Walking boosts blood flow and helps prevent pneumonia and constipation
* **AVOID** pounding activity – no jumping, running, etc.
* **AVOID** high impact activity
* **AVOID** lunges, especially if your Cell Therapy was to your hip, knee, or ankle
* Stop any activity that causes sharp pain
* If you have a job, you may be able to return to work the day after your procedure
* You can shower and bathe like normal
* **YOU SHOULD NOT DRIVE FOR 6 HOURS AFTER YOUR INJECTION**. You should not drive while taking narcotic pain medication

***Diet***

* You can resume your normal diet following the procedure
* Drink plenty of fluids to stay hydrated

***Medication***

* Take any pain medication as directed by your physician
* It is recommended you take pain medication after meals to avoid nausea/vomiting

***Incision care***

* Keep the dressing over your procedure area clean and dry. You may remove the dressing 24-49 hours after the procedure
* If SteriStrips were placed following your procedure they will fall off on their own in 7-10 days

***Ice and elevation***

* To reduce swelling and pain, put ice or a cold pack on the procedure site for 10-20 minutes at a time. This is recommended every 1-2 hours for maximum effect. Make sure to put a thin cloth between the ice and your skin.

***When should you call for help?***

**Call 911** anytime you think you may need emergency care. For example, call if:

* You passed out (lost consciousness)
* You have severe trouble breathing
* You have sudden chest pain and shortness of breath, or you cough up blood

**Call** or seek immediate medical care if:

* You have signs of a blood clot, such as pain in your calf, back of the knee, thigh, groin, or redness/swelling in your leg or groin
* You are sick to your stomach or cannot keep fluids down
* You have pain that does not get better after you take pain medicine
* You have signs of infection, such as increased pain, swelling, warmth, or redness, red streaks leading from your incision, pus draining from the incision, or a fever greater than 101F