



## AFTER CARE TREATMENT GUIDELINES STEMCELL INJECTION (ADIPOSE-FAT)

- **\*\***(NO submersion under water for 72 hours-ie: hot tube, bath, pool, river, ocean, etc..).
  - **\***(prevents potential injection site infections)
- NO ICING at harvest or treatment sites for 7 DAYS.
- Continue your antibiotics as prescribed.
- NO Anti-inflammatory medications (ie: ibuprofen, aspirin, Aleve, etc..) for a minimum of 30 days after treatment (try not to use NSAID's for 90 days if possible)
  - Tylenol (Acetaminophen) is ok to use.
  - CBD is ok to use.
  - Prescription pain medications as directed.
- Compression garments as directed (typically 72 hours, remove to bathe or to wash garment only).
  - (if compression garment is to be needed, it will be provided at time of procedure).
- Stay well hydrated, eat a healthy diet.
- Vitamins & supplements as directed (we recommend 'Pharmanex' products, please inquire if interested).
- Follow up post procedure visits schedule: Day 1 (site check), Day 7 & 30 (re-check & general evaluation)
- Activity level:
  - Week 0-1: minimal activity, comfort measures as needed.
  - Week 1-2: gentle weight bearing, progressive range of motion, no weighted workouts.
  - Week 3-4: increase walking, may do light WEIGHT workouts/activities (ie: recumbent bicycle, swimming, etc..).
  - Week 5-12: progressive activities/workouts as tolerated (cycling, elliptical, jogging)  
\*LISTEN TO YOUR BODY! If it hurts do NOT do it!
  - Week 13+: Progress to full activity and function.
- **NOTE:** (progressive healing/effects may take up to 12+ weeks)

If you have questions or concerns, please contact us:  
phone: (503 691-2000), email: [ma@huebertssc.com](mailto:ma@huebertssc.com), website: [huebertssc.com](http://huebertssc.com).

*"You only have one body;  
your best investment is in yourself" -Lexi H*