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Bone Marrow Concentration Inoculation POST-OP INSTRUCTIONS

WEIGHT BEARING: Full weight bearing is allowed and crutches are not necessary.

HIP ROM (RANGE OF MOTION): Hip range of motion is not restricted following the procedure.

DRESSINGS: After 48-72 hours you may remove the outer surgical dressing located over your pelvis in the area the bone marrow was obtained. Please leave the steri-strips in place until your first follow up appointment.

PAIN MEDICATION AND ICE: If you feel discomfort or pain in the area of the bone marrow aspiration incision site you may apply ice locally. Pain medication is not typically needed however NSAIDs may be given as needed.

Activity: You may resume normal activity 48-72hs after the procedure.