



PERFORMANCE

INJURY CARE & SPORTS MEDICINE

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Post Procedural Care for Regenerative Graft Sites

Congratulations!! You have finished the first step towards recovery. The enclosed information is to help you care for your graft and procedural site.

ABOUT YOUR DONOR SITE

The donor site is the location where we harvested either the Adipose Graft or the Bone Marrow Concentrate (BMC). The donor site is usually located to the back of your pelvis, buttocks, lower back, abdomen or legs.

CARE INSTRUCTIONS

It will take a couple of days for the skin around the donor & procedural site to heal. Please follow these care instructions to avoid infection. Typically after 3-4 days you can return to your normal routine unless you are still having drainage at the donor site.

- Keep the donor site and procedural site clean and dry. DO NOT exercise for several days. Any activity that causes you to sweat can cause bacteria on the skin to enter the wound.
- DO NOT immerse the donor or procedure sites in water for 48 hours. NO hot tub, swimming or baths.
- Try to not remove the initial bandage for 24 hours unless you have soaked the bandage.
- After 24 hours you remove the initial bandage and may shower avoiding direct shower pressure over the donor site.
- Once daily, clean the donor and injections sites from the procedure with 1/4 strength hydrogen peroxide using some wet sterile gauze. Lightly blot the area (Mix 1 part hydrogen peroxide to 3 parts water). Then apply a small amount of Vaseline or triple antibiotic ointment and cover the area with a new, clean bandage. Typically you should keep this routine up for 3-4 days.
- If you had a nerve block keep, the area covered for 1-2 days. Use crutches or a sling until the nerve block wears off.

SYMPTOMS TO WATCH OUT FOR!

You will normally have pain at the donor & procedural site for the first several days. You should contact our office or after hours number listed below for the following conditions:

- Excessive redness around the donor site or procedure site.
- Excessive swelling of the donor or procedure site.
- Unusual warmth to the skin at the procedural areas or if you develop a fever.
- Allergic reaction to the medication or you develop a skin rash around the procedural sites.

Please call 406-422-5817 and leave message on the third option after hours.