



**ANDREWS**

Sports Medicine & Orthopaedic Center

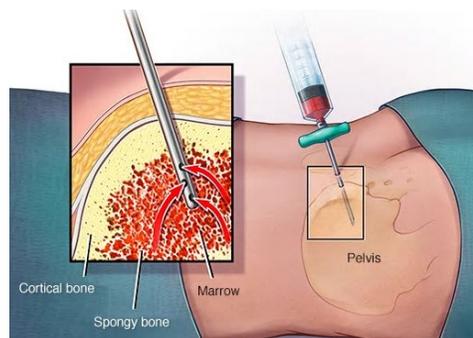
## Bone Marrow Aspiration and Injection

Ricardo E. Colberg, MD

Andrews Sports Medicine & Orthopedic Center

### **What is Bone Marrow?**

Bone marrow is the soft spongy tissue that is found in the center of the bone. The bone marrow contains many different cells, including marrow stromal cells that have the capacity to form bone, cartilage or muscle cells. Bone marrow also contains a high concentration of red blood cells, white blood cells and platelets. These are the cells that drive tissue regeneration and create supportive circulation.



### **How does it work?**

Bone marrow contains the regenerative cells responsible for repair and rebuilding damaged tissue. The concentrated cells accelerate the healing process, promote strength and offer pain relief and improve overall function. The healing cascade can be active and take place over 4 to 6 weeks. A follow up PRP procedure may be recommended if desired relief is not met.

### **What should I expect?**

The bone marrow aspiration and injection is performed in an outpatient surgery center. Moderate sedation and local numbing medication is given to eliminate discomfort during the procedure. After the procedure, the majority of patients are able to return to light activity after 3 days and usual activities within 2 weeks. Some pain may be felt up to 1 week.



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### **Pre-Procedure Instructions**

1. Stop anti-inflammatory (NSAIDs) medications 3 days prior to procedure (e.g. ibuprofen, naproxen, etc.). In addition, do not take or use any steroid based medications (e.g. medrol pack, cortisone injection, etc) for at least 2 weeks prior to the procedure.
2. In some cases, you may need to stop blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) 7 days prior to procedure. You must discuss this with Dr Colberg, as well as your cardiologist or primary doctor and obtain approval. Other daily medications may be taken normally as directed.
3. Arrange for a friend or family member to provide transportation for you on the day of the procedure. Post-procedure pain and anesthesia will interfere with your ability to drive.

### **Post-Procedure Instructions**

1. Specific post-procedure instructions will be reviewed and provided at the surgery center. Make sure you do not leave without the instructions. Also, if you were a brace or crutches in the clinic prior to the procedure, make sure you bring them to the surgery center.
2. Blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) may be resumed 24 hours after the procedure.
3. Avoid anti-inflammatory medications for 2 weeks (e.g. ibuprofen, naproxen, etc.).
4. Increased irritation in the affected area may occur. This is part of the healing process. Ice the affected area three to four times per day for 15 minutes for the next three days. You may take Extra Strength Acetaminophen as needed for pain or the prescribed pain medication.
5. If you develop fever, persistent redness and swelling at the site of injection, call Dr Colberg's office at (205) 939-3699. These may be a sign of infection.