



POST OPERATIVE CARE AFTER hPL /Acell/Adipose-derived Stem Cells procedure:

- **Do not blow your nose for a week (if you feel it's necessary, please, do it very gently);**
- **Do not rinse your nose or use any type of nasal sprays for 7 days;**
- **Do not use anticoagulants ("blood thinners") for 3 days;**
- **Do not drink alcohol for 4 days;**
- **Do not work out for 2 days (any kind of exercise that would significantly increase your blood pressure, such as lifting weights, running, etc.);**
- **Do not use ibuprofen or aspirin for 2 days;**
- **Sneeze with an open mouth, especially first 48 hours. You are welcome to take shower (not bath for a week);**
- **Do not take "Tegaderm" off, wait until it peels off (usually between 3-7 days);**
- **Use 6 inch bandage for a week by wearing it during a day (3-6 hours) and taking off during the night (you might want to take it off during the flight due to security reasons);**
- **If you have any allergic reaction (usually rash) do not wear bandage anymore, but make sure that you are not traumatizing area of incision;**

What to expect after the injection?

- **Pain – normally should be mild and bearable without taking any painkillers;**
- **Nose Bleeding – is a normal part of healing process during first 24 hours;**
- **The volume in turbinates is increased, thereby you might experience symptom relief as soon as of today and decreasing over the next week and then slowly improving thereafter.**

**Please, let us know about your progress and e-mail us in a week and a month
info@usasinus.org or melanie@usasinus.org**

In a case of unpredictable symptoms, call (614) 867-3681 (Melanie Clark) or email us.