

Patients Guide to Stem Cell Therapy

Reimbursement & Insurance Information

Will my insurance cover this procedure?

While stem cells have been used for decades to treat a variety of diseases, their application in orthopedic procedures is relatively new. Because of this, insurance companies may deny coverage. If your insurance will not cover the treatment, we are happy to offer alternative payment options.

What is the cost of this treatment?

The cost of a stem cell treatment varies based on the procedure.

Who do I contact to set up a payment plan?

Our office is happy to assist in setting up a payment plan. Please contact us at [\(805\) 648-4116](tel:8056484116)

Dr. Stephan Sweet

Dr. Stephan Sweet is board certified by the American Board of Orthopaedic Surgery. His positive and warm bedside manner is one of his strongest attributes. Customizing his approach to match each patient's specific needs, Dr. Sweet has an excellent track record of patient satisfaction and proven successful results.

Regenerative Medicine

Regenerative medicine is a field of therapy that harnesses the regenerative properties of certain cells in your own body to help heal diseased or damaged tissues and organs. It uses the body's tissue components to replace lost tissue, accelerate healing and recovery, and provide pain relief.

What are stem cells?

Stem cells are progenitor cells in your body that have the potential to multiply and differentiate into specific cell types in order to replenish old and diseased cells. They are present in the body as part of the repair mechanism. Scientists have now found means of extracting, growing and manipulating them in a lab so that they multiply and differentiate into desired cell types. These are used in stem cell therapy or regenerative medicine to replace, repair and heal injured, dysfunctional or diseased tissues such as blood, muscle or nerves.

Stem cells are also present in hair follicles and may be stimulated to revive shrunken hair follicles. A good source of stem cells is fat from your own body, which is collected by liposuction. Stem cells are then extracted from the fat and either injected

directly into the concerned areas or administered intravenously to regenerate hair follicles and improve the density of hair.

Instructions for Patients Undergoing Stem Cell Therapy

- No NSAIDs (Advil, Aleve, Ibuprofen, Motrin) or aspirin one week before injection and for four weeks after the injection.
- Tylenol is ok to take
- Icing three times a day for 3 days
- Stairs and walking only in moderation for first 4 weeks
- No heavy impact activities for first 4 weeks (jumping, running)
- Stationary bike without resistance allowed after 1st 72 hours
- Increase pain and inflammation is not abnormal for the first 2 weeks
- Physical therapy may be useful after the first 6 weeks for muscle strengthening
- Immediate flexion as tolerated is allowed
- Kneeling to be avoided for the first 4 weeks
- If some improvement occurs early on, PRP (platelet rich plasma injection) can be considered between weeks 4-8 as a booster or to potentiate the effects of the stem cell injection
- Improvement in some patients is seen in 2 months, for others the regenerative process can take a full year for results
- Follow-up at 2 months and 12 months after injection
- Follow-up imaging such as MRI or X-rays can be taken at one year