

A PATIENT'S GUIDE TO REGENERATIVE CELL INJECTION

Discover The Healing Power Of Stem Cells

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FREQUENTLY ASKED QUESTIONS

Is the procedure painful?

Many patients report mild to moderate discomfort lasting less than 5 minutes during the aspiration portion of the procedure. Discomfort at the aspiration site subsides as soon as the aspiration procedure is complete. Most patients report mild discomfort at their injection site consistent with what they would feel after any routine shot or injection. Specific procedures, such as injections into the disc in the spine can cause intermittent increased discomfort that patients report as moderate and is well treated with an ice pack and/or oral pain medications. This discomfort typically lasts less than 3 days.

When should I expect to see improvement?

Most patients report some initial improvements in their pain within a few days of the procedure. Studies show that most patients experience a significant decrease in their pain, and improvements in their disability, within the first couple weeks and months following treatment. These improvements should continue through the 6 month mark. Improvements in pain and disability happen as your adult regenerative cells begin to influence tissue healing at your injury site. Improvements are typically cumulative in nature and may be visible on MRI around the 1 year mark.

How much will the procedure cost?

Procedure costs vary depending on what is being treated. In most cases, this procedure is not yet covered by insurance. Please contact our Patient Care Coordinator regarding options for payment for this treatment at: julie@mcginleyclinic.com



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UNDERSTANDING REGENERATIVE CELLS

What are regenerative cells?

Regenerative cells are specialized cells that can replicate themselves and transform into various tissue forming cells. These cells can form bone, muscle, cartilage, and other connective soft tissues.

What basic types of regenerative cells are there?

There are two primary types of regenerative cells. Adult and Embryonic.

Embryonic regenerative cells are obtained from an embryo during the very early stages of embryonic development. Their use is quite controversial due to concerns about their safety and ethics of use.

Adult regenerative cells are your own cells. These adult regenerative cells reside in reservoirs throughout your body. Your body uses these stored cells for tissue repair and regeneration - they are the reason our bodies can heal. The regenerative cells Dr. McGinley will be injecting are simply a concentrated supply of your own cells! Adult regenerative cell use is not controversial because of their safety and renewable nature.

Where are adult regenerative cells found?

Adult regenerative cells are found throughout your body. They orchestrate the formation of tissue such as bone, cartilage, fat, muscle, heart tissues, blood vessels, and nerves. The richest source for these cells are your bone marrow, found inside your bones. Using a small needle, Dr. McGinley will aspirate a small amount of your cell rich marrow to obtain the cells needed for your injection procedure.



Why do we use regenerative cells?

Adult regenerative cells have been shown to transform into site specific tissue. Dr. McGinley uses a specialized device to concentrate your own cells to harness and enrich your body's own ability to heal injured tissues. In other words, this procedure allows us to mimic the healing power of your younger self.

What conditions can concentrated regenerative cells help?

Degenerative Disc Disease in the Spine
Osteoarthritis in any Joint
Partial Tears of any Tendon, Ligament, or Meniscus
Muscle Strain
Avascular Necrosis
Plantar Fasciitis
Tennis Elbow
Ganglion or Baker's Cysts
Non-union Fracture



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THE PROCEDURE BASICS

Duration of Procedure: 30 to 60 minutes

Positioning During Procedure: Laying down

Volume of Blood Drawn: 2 ounces

Pain Management: At least local anesthetic; consult with Dr. McGinley regarding additional options

Procedure Recovery Time: 15 to 20 minutes

What to Expect During My Procedure

- Staff will assist you to the procedure room.
- Certified staff will monitor your vital signs before, during, and/or after the procedure.
- You will be positioned on your stomach for the harvest of your bone marrow.
- Staff will take extra care to make sure that you feel comfortable and safe during the procedure.
- You are encouraged to communicate your needs during the procedure.
- Dr. McGinley will identify the best site to draw your bone marrow.
- Your skin will be cleansed with a cold soap at the aspiration and injection sites.
- Dr. McGinley will use ultrasound, x-ray, and/or CT scanning to guide your procedure.
- Your bone marrow will be expertly processed to identify and isolate your regenerative cells.
- You will be assisted to change positions during the procedure for the injection.
- Your concentrated adult regenerative cells will be injected into your injury site to aide healing.
- You will be assisted to a private area to rest.
- Staff will review your discharge instructions with you and will ready you for your discharge home.

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