

Kevin M. Kaplan, M.D.
Jacksonville Orthopaedic Institute

Patient Instructions: Post Bone-Marrow Aspiration and Injection

There are several precautions to take following a bone-marrow aspiration and injection.

Harvest Site and Injection Site

- Keep the dressing dry and intact for 24 hours after your procedure. You may take sponge baths during this time.
- You may have a shower 24 hours after your procedure. Please remove the dressing before taking a shower.
- Dry the biopsy area with the gauze provided by your health care team and put a bandage on the site
- Place a fresh bandage over the harvest site(s) every day for 3 days. After 3 days, leave the site(s) open to air. If after 3 days, clothing irritates the site or it has not healed, put a bandage back on the site(s), but please change the bandage every 24 hours.
- Keep injection site covered for 48 hours.
- Do not soak in water (baths, pools, hot tubs, ocean) for 1 week.

Pain Control

The site may be painful for a few days to a week. Generally 1-2 Tylenol (acetaminophen) every 4 hours, as needed, will control the pain. Avoid non-steroidal anti-inflammatory medications, ibuprofen and aspirin. If taking other pain medications, check for acetaminophen content. Take no more than 4,000 mg of Tylenol per day. If you have difficulty with pain control, call the clinic.

Applying an ice bag to the site may ease the discomfort the first day – 20 minutes on, 20 minutes off – as long as it seems helpful.

Activity

There are no activity restrictions, but take it easy the first day. Rest helps the healing process. Light exercise such as no resistance biking, walking, or swimming can be started 3 days after the injection. Unrestricted activity is acceptable after 6 weeks.

Follow Up

You will return in approximately 2 weeks to discuss the bone marrow results with Dr. Kaplan.

Precautions

- *If you develop a fever (101 or above), increasing pain not relieved by medication, increasing redness or swelling around the incision, thick yellow or foul smelling drainage, please call our office at 346-3465. If you have difficulty breathing, persistent nausea/vomiting please go to the closest emergency room.*