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## **AMNIO INJECTIONS**

### **Post Instructions:**

- Avoid long walks, high impact sports, such as running or jumping for the first 48 hours.
- You may ice the site if you feel discomfort, but avoid applying heat.

### **What to Expect After Injection:**

After an amnio injection, some patients experience relief within a few hours. Others may not experience relief for up to three weeks. A small number of patients experience no relief at all. Therefore, if after the third week you have experienced little or no relief, a second amnio injection will be recommended. If you have questions about your post injection experience, text us at (650).405.0442.

### **Post Injection Complications:**

Although extremely rare, very few patients may have a negative reaction to an amnio injection. Text our office immediately if you have any reactions, redness, itching. If the reaction is severe and you are having shortness of breath, full body rash, and/or your eyes, ears, or nose feel as if they are closing, contact our office and call 911 or go to the nearest emergency room immediately.

### **What is an Amniotic Matrix:**

Amniotic matrix injections involved injection amniotic cells into damaged tissues to help them recover and to grow. The purpose of these injections is to reduce inflammation of the damaged tissue, reduce an individual's recovery time, and regenerate tissue. Amniotic matrix injections are frequently prescribed for medical or surgical intervention for patients diagnosed with arthritis, tendon damage, ligament issues, plantar fasciitis, or other damaged tissues. Our amniotic matrix is obtained ethically from consenting mothers.