Home Care Instructions

Bone Marrow Harvest - Blood and Marrow Transplantation Program

How do I take care of the puncture sites?

Tomorrow morning after your shower or sponge bath, you can remove the pressure dressing. Use dry, sterile Band-Aids to keep the puncture sites covered for one week. Change the Band-Aid every day after the shower or sponge bath. Do not take a tub bath or expose the sites to standing water (swimming, wading in a creek, lake, river, or ocean, etc.) for five days after the harvest.

When can I return to work?

The transplant doctor will let you know when you can safely return to work. The decision will depend on the type of work you do.

Rest easy for the first 48 hours after the harvest. This includes no heavy lifting, no aerobics, no weight lifting, and no heavy housework. Talk with your doctor if your job includes heavy work or if you have any questions.

What if I have a question or problem?

You should report the following to the doctor immediately:

- Temperature of 100.9°F or higher
- Drainage or discharge from the puncture sites
- Severe or prolonged pain at the puncture sites
- Lightheadedness or fainting

If you have a question or problem after discharge, please contact a member of the transplantation team at the following numbers:

- Bone Marrow Transplant Unit (918) 494-7150
- Janice Taylor, RN (918) 670-4835 (pager)
- Oklahoma Oncology, Inc. (918) 556-3000

✦ On weekends, holidays, or after 5:00 p.m., please contact the Blood and Marrow Transplantation Unit at (918) 494-7150

✦ One of the transplant nurses will answer your questions or page the doctor for you.

The Blood and Marrow Transplantation Unit is open 24 hours a day, seven days a week. Do not hesitate to call if there is a question or problem.

This information is not meant to replace the advice of your Healthcare Professional. Be sure to ask questions and discuss your medical condition or any medical treatments with your doctor.