AUCKLAND REGENERATIVE CLINIC

STEM CELL AND PRP TREATMENT CONSENT

PATIENT'S NAME: .....

You should not have this stem cell treatment if you are pregnant or have active cancer, including invasive skin cancer (especially melanoma). Please tell us before signing if applies to you.

I confirm that Dr. Hassan Mubark explained the following to me in a way I could understand and answered my questions:

1. My diagnosis and the nature of my condition.

2. The proposed treatment is an alternative, experimental treatment. It is permitted in New Zealand but is not registered. We also discussed standard treatments and the option of having no treatment.

3. Possible benefits. Medical studies suggest this treatment may help symptoms and may slow or stop osteoarthritis progression. Stem cell treatment may also help tendon tears. These benefits are not guaranteed.

4. Possible risks. Stem cell and platelet-rich plasma (PRP) injections can cause pain and swelling for up to one week. Bleeding and infection are rare. Nerve or blood vessel injury is extremely rare with some deep injections. Ultrasound guidance helps reduce this risk.

5. After treatment. The concentrated injections may cause temporary pain and inflammation. Rest for two weeks, do gentle stretching, wear any prescribed brace, and take turmeric supplements as advised.

I understand that no one has guaranteed that this treatment will help me. I also understand that there will be no refund if the treatment does not help, despite the team's best efforts.

Practitioner's Confirmation of Discussion: I, Dr. Hassan Mubark, Rheumatologist FRACP, confirm that I explained the treatment, gave the patient a chance to ask questions, answered them in understandable language, and provided contact details for follow-up care.

Patient signature: _____

Date: _____

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