



## Post Regenerative Treatment Instructions

Congratulations! You have taken your first step in a process to heal your chronic condition through regenerative therapy. After your Regenerative Procedure, whether it is Prolotherapy, Platelet-rich Plasma or Stem Cell Injections; there is very little downtime, as opposed to a surgical procedure, and the healing process goes on for the next 4-6 months. The first 1-2 weeks, however, are when you may feel the most discomfort. It is advisable to plan for a few days of rest post-procedure to accommodate the expected soreness. Please follow the following guidelines to make sure your healing progresses and in order to optimize your outcome. If you have any questions or problems, please contact this office at **757-227-3820**

DO's	DON'Ts
<ul style="list-style-type: none"> <li><b>DO REST.</b> Plan to rest the treated area for the next 1-3 days.</li> </ul>	<ul style="list-style-type: none"> <li><b>DON'T ICE</b> the affected area for 72 hours; this is to allow the repair process to maximize potential.</li> </ul>
<ul style="list-style-type: none"> <li><b>DO</b> use Tylenol to control the pain. There is now more inflammation as the healing cascade is starting and an increase in pain is expected as with any medical procedure. A typical regimen is to take 500mg OTC Tylenol 3 x daily</li> </ul>	<ul style="list-style-type: none"> <li><b>DON'T</b> take any NSAID medications, vitamins, or supplements unless approved by your clinician. This includes nutritional supplements, herbs, NSAIDs, and even marijuana and CBD for the week following your treatment.</li> </ul>
<ul style="list-style-type: none"> <li><b>DO MONITOR</b> the injection site for increasing redness or discharge. Increased tenderness, mild swelling, and even warmth is to be expected after these treatments. However given the rather simple and more natural approach with regenerative treatments, reactions and infection risk is rather low.</li> </ul>	<ul style="list-style-type: none"> <li><b>DON'T</b> apply creams, lotions, oils, or makeups to the injection sites for at least 8 hours.</li> </ul>
<ul style="list-style-type: none"> <li><b>DO</b> stay hydrated, well nourished, active, and get plenty of sleep. The healing is just beginning with this treatment and using the affected area with normal movements such as walking will help increase the blood flow and healing.</li> </ul>	<ul style="list-style-type: none"> <li><b>DON'T EXERCISE</b> or perform strenuous activity with the affected area. The procedure is trying to stimulate healing and the injured area or site needs to go thru this repair process fully. You may perform ROM stretches as tolerated though.</li> </ul>
	<ul style="list-style-type: none"> <li><b>DON'T</b> bathe, shower, or swim for eight hours after treatment. Doing so may increase the risk of infection or a reaction.</li> </ul>
	<ul style="list-style-type: none"> <li><b>DON'T SMOKE</b> or drink Alcohol for 72hrs post injection. These items increase BAD inflammation and free radicals in our body and can delay or interfere with the healing process. Ideally minimize the use of these substances for a few weeks after your procedure.</li> </ul>