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REGENERATIVE MEDICINE DISCHARGE INSTRUCTIONS

It is normal and expected to have an aggravation of pain and perhaps swelling (sometimes a lot) and discomfort in the area post treatment. In most people, these aggravations last for only a day or two, but on occasion may continue for longer. Occasionally aggravations may continue for a week or longer and much swelling, pain or stiffness may occur, this does not mean anything bad has occurred and should not discourage you from completing a course of treatment.

Although it may sound counter-intuitive, it is still indicated to continue treatment, even if a joint or treatment area is feeling aggravation. Often enough, the following treatments can begin to calm the previous reactions. Please do not give up on following through with a treatment plan because you are feeling worse in the short term. In either case, it is important to keep in mind that it still takes time for weakened areas to return to optimal function after injury. Even once regeneration has occurred, proprioceptive changes in function, muscle strengthening, and body de-compensation are still occurring.

Important side effects that should be noted:

Immediately following the procedure, the most reported temporary side effects are soreness, redness, swelling, tenderness, numbness and/or a feeling of pressure at the injection sites.

For any adverse reactions: rash, severe itching, fever ($>101^{\circ}$), severe back or neck pain, severe headache that is only relieved with lying down or does not go away with medication, difficulty breathing or completing a full breath, excessive redness or swelling at the injection site, and/or sudden loss or unresolved loss of strength in arms/legs please call **Mile High Regenerative and Pain Therapy at 303-945-4790**.

Please call 911 if you feel you are having a medical emergency

Activity:

- Be as active as you can once the anesthetic agent wears off. **MOVE IT!**
- If injections were to the spine (cervical, thoracic, ribs, lumbar, pelvis) or lower extremity, avoid prolonged sitting
- Walk soon after the procedure, avoid twisting, heavy lifting, pushing/pulling and don't push it for at least 4-7 days' post injection
- After neck, upper/back/ribs, and upper extremity injections go through easy range of motion and gentle stretching often with the arms (again, don't push it), preferably for 1 week.
- It is important to continue with your exercise and rehabilitation program, but not to increase the intensity or duration of activity quickly while being treated.
- Exercise, and mobilization of treated areas is essential for recovery and the continuation of core strengthening, gym work, weights, swimming, walking etc. is imperative. Deep yoga stretching in this early phase of treatment is not advisable, although easy-moderate yoga may be beneficial.
- Follow the 50% rule. If you do an activity that causes pain or discomfort, but when you stop the pain is not aggravated, then this activity and pain level is acceptable. If you feel no pain but are aggravated later that day or the next day, you have done more than your body can handle so only do 50% as much as what you did to cause the aggravation. Gradually you can build up the level of strength.

Pain:

- As discussed in the preprocedural visit, **DO NOT** take anti-inflammatory medicines or supplements for 10-14 days.
- Do not use ice. Heat for comfort may be used 24-48 hours after injection
- Consider hot Epsom salt baths to reduce pain.
- If the pain is disturbing enough to interrupt your sleep or function you should take your prescribed pain medications



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Nutritional supplementation and supportive treatment:

During the injection phase of treatment, it is optimal to supply the body with the correct vitamins, minerals, and connective tissue building blocks to ensure that optimal healing can be achieved. Although natural remedies do not have the same potency for short-term pain relief, they will in the longer term be helpful for the tissue healing

Supplements to help support optimal healing:

- Glucosamine sulfate (1500mg/day), Chondroitin (800-1500 mg/day, and MSM (1.5-6 grams/day) support product
- Collagen support nutrients: specifically, collagen type 1 and 3 which you take together, avoid Type 2 at the same time
- High potency Multivitamin High Quality once a day formula is best
- Vitamin D3 (2000-5000 I.U./day)

Protein: Eat a high protein diet, preferably small portions 5 times/day. This will create the optimal building blocks for your body to create new healed tissue. A Protein powder drink can provide a good source of high-density protein building blocks

Avoid all trans fats!! These are toxic/poisonous to the cells of your body and impede healing. They are in virtually all commercial baked goods, and most processed and fast foods.

Eat the colors of the rainbow: fruits and vegetables are going to be your best bet during the healing phase.

Please avoid smoking of any kind during your recovery as it impairs blood flow and healing and is counter productive to the goal of Regenerative Medicine Therapies.

Post sedation:

- No driving, operating heavy equipment, signing any important papers, or making important decisions until the next day after receiving IV sedation
- Have an adult stay with you for 12 hours after receiving IV sedation
- Resume your regular diet
- Should you become nauseated, start with clear fluids until it passes then gradually increase your diet
- No alcohol for 24 hours after receiving IV sedation

Regenerative Injection Therapies Final Benefits:

The final benefits of regenerative injection therapies may take months. Often some people feel a relatively quick relief of symptoms after an initial treatment although it is commonly short lived. Although this is a good indication that the treatment was applied in the correct spots, it is not a reflection of a correction of the underlying weaknesses.

The regeneration of damaged ligaments, tendons and joints takes time, and the subjective experience of relief and worsening of pain are not reflective of improvement or worsening of the condition. You will most likely experience great swings in symptoms, feeling better, then worse and up and down. Again, this is a normal part of the regenerative process, and it is the long-term healing over months that is the goal and object of this therapy.

Even if you feel significant relief, early in the process, don't overdo your activity, as you may aggravate the situation.

Most patients see improvement within 4-6 weeks with continued improvement for up to 12-16 weeks depending on the area treated. If the desired level of pain relief has not been reached within 4 weeks, we recommend repeating the procedure at 4-6-week intervals until you achieve the result you desire for up to 3 treatments. This will be discussed at regular follow up visits or phone calls.