



Robert E. Brown, MD

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Regenerative Medicine Pre-Procedure

Mile High Regenerative and Pain Therapy is excited to be able to offer regenerative medicine that can help your body heal and repair the cause of your chronic pain, and not just use medications and steroid injections to temporarily relieve it. Please call 303-945-4790 to schedule a consult with Dr. Brown to see what options would be best for you!

Regenerative Medicine therapies cause an inflammatory reaction at the site of injection performed under fluoroscopy (live X-ray) or Ultrasound guidance and provide healing cells and growth factors to stimulate the body's own healing response in areas of degeneration or injury. These include Prolotherapy, PRP and Bone Marrow concentrate or placental derived products that promote a healing response in the body. These injections are a safe, non-surgical treatment for chronic injuries, pain and degeneration using natural biologic agents to stimulate healing and repair. They have been used for decades on patients in pain from aging, overuse or injury. Prolotherapy is defined by Webster's Third New International Dictionary as "the rehabilitation of an incompetent structure, such as ligaments or tendons, by the induced proliferation of new cells." Pain from auto accidents, athletic injuries, the aging process and overuse, often arises from damage to the joints and connective tissues in the body. If the structures do not heal properly, chronic degeneration and accelerated aging will occur. Proper treatment will stimulate the body's healing response to repair, rebuild and strengthen the area.

❖ Please DO NOT use anti-inflammatory medicines or supplements before or after the injection (minimum of 10-14 days).

These medicines/supplements include:

- Acetylsalicylic Acid (ASA)
 - Aspirin, Anacin, Ascription, Bayer, Bufferin, Excedrin
- Propionic Acid Derivatives
 - Ibuprofen: Advil, Motrin, Motrin IB, Naproxen, Aleve, etc.
- Acetic Acid Derivatives
 - Indomethacin (Indocin), Diclofenac (Voltaren) etc.
- Selective COX-2 Inhibitors
 - Celebrex Celecoxib etc.
- Topical creams:
 - Please read the label carefully as many over the counter topical pain creams and gels contain these same drugs to avoid.
- Corticosteroids
 - Hydrocortisone, prednisone, cortisone injections, etc.
- Fish Oils Omega-3 fatty acids
- Natural anti-inflammatories
 - Bromelain
 - Curcumin
 - Proteolytic Enzymes Quercetin

❖ Do not take anticoagulation medication like Coumadin/Warfarin, Plavix/Clopidogrel for 5 days prior to the procedure— Please discuss with prescribing physician prior to stopping

❖ Medications and supplements that CAN be used:

- Acetaminophen
 - Tylenol
- Topical Creams
 - Lidocaine containing creams without NSAIDS
 - Traumeel
 - Capsaicin Cream
- Prescription Medication
 - Tylenol 3
 - Opioid and synthetic opioids
Vicodin, Norco, Lortab, Percocet, Oxycodone, Oxycontin, Morphine, Dilaudid
 - Consider using Hot Epsom Salt baths and heat to the affected area to reduce discomfort

❖ Please drink plenty of water the day before and the day of the procedure.



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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.