

REGENERATIVE MEDICINE

Stem Cell & PRP Therapy: Comprehensive Care Guide

THE GOLDEN RULE: NO NSAIDs & NO ICE.

Regenerative medicine relies on your body's natural inflammatory process to trigger healing. Do not take NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen) or use ice packs before or after your procedure unless explicitly directed by your physician.

Pre-Procedure Instructions

2 to 4 Weeks Prior

- **Corticosteroids:** Stop taking oral or injected corticosteroids (unless prescribed for a vital condition—consult your doctor).

1 Week Prior

- **Stop NSAIDs:** Discontinue all non-steroidal anti-inflammatory drugs. Use Tylenol (Acetaminophen) for pain if needed.
- **Hold Supplements:** Stop taking supplements that increase bleeding risk (Fish Oil, Omega-3s, Turmeric, Curcumin, Vitamin E, Ginkgo Biloba).
- **Blood Thinners:** If you are on prescription blood thinners (Plavix, Coumadin, Eliquis), consult your prescribing physician about pausing them safely.

72 Hours Prior

- **Hydration:** Begin aggressive hydration. Drink at least 64-80 ounces of water daily. A hydrated body yields better PRP and Stem Cell samples.
- **Diet & Lifestyle:** Avoid alcohol and refrain from smoking, as these constrict blood vessels and impair cellular function.

Day of Procedure

- Eat a healthy, light meal prior to your appointment (do not fast).
- Wear loose, comfortable clothing that allows easy access to the treatment area.

Post-Procedure Instructions

Days 1 - 3 (Acute Phase)

- **Rest:** Limit activity. Keep weight off treated weight-bearing joints as instructed.
- **Pain Management:** Expect mild to moderate soreness, swelling, and stiffness (this is the desired healing response). Use Tylenol (Acetaminophen) strictly. **Do not use ice.**
- **Bracing/Support:** Wear any prescribed braces or off-loading boots.

Days 4 - 14 (Proliferative Phase)

- **Activity:** Gradually return to normal daily activities. Do not perform strenuous exercise, heavy lifting, or high-impact activities.
- **Mobility:** Gentle, passive range-of-motion exercises are encouraged to prevent stiffness.
- **NSAIDs:** Continue to avoid NSAIDs completely.

Weeks 3 - 6 (Remodeling Phase)

- **Physical Therapy:** Begin structured physical therapy if prescribed by your physician.
- **Exercise:** You may gradually resume low-impact workouts (swimming, stationary bike) as tolerated. Pain should be your guide—if it hurts, stop.