



# Santa Cruz CORE Fitness + Rehab

## Regenerative Procedure: Pre + Post-Treatment Protocol

Here at Santa Cruz CORE Fitness + Rehab, we offer the CORE Advantage to ensure success with every regenerative treatment. This includes Vasper, Hyperbaric Oxygen Therapy and Corrective Exercise. Remember that while regenerative medicine can help to heal the joint, it does not fix the movement pattern that injured the joint initially. We strongly encourage booking an appointment with one of our Corrective Exercise Specialists to ensure long-term success.

### A few simple guidelines BEFORE your treatment can make a difference:

- If you develop a fever, cold/flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule your appointment (we will not treat you).
- If you have a special event or vacation coming up, try to schedule your treatment at least 2 weeks in advance (we prefer 3-4 weeks).
- If you are being treated in the lip area and have a history of cold sores with outbreaks more than 4 times a year it is recommended that you are pretreated with medication. **\*\*Please let us know if you need a prescription\*\***
- Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Ibuprofen, Aleve, Advil, meloxicam or any other ibuprofen drugs at least 3 days to 1 week before your treatment. We *want* inflammation as it is one the ways Regenerative Medicine works.
- If you are or have been on systemic use of corticosteroids (steroids), it should be discontinued 6 weeks before until 6 weeks. We can't treat you otherwise. Consult your physician on discontinuing the use of steroids and receive treatment.
- Discontinue use of blood thinning agents like: Vitamin E&A, Gingko biloba, Flax oil, Cod liver oil, essential fatty acids (EFA's and DHA's) etc. at least 3 days before and after treatment to minimize bruising and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy food, and cigarettes 3 days before and after your treatment (all of these may increase your risk of bruising).
- Drink **plenty of water** and be appropriately hydrated before and after.
- Any exercise you can do without pain leading up to the procedure is helpful in maintaining or gaining strength and cardiovascular fitness to help aid in your healing response. We have many Corrective Exercise Specialists who can help you start an exercise program safely and help advance you safely after your procedure. If you are not already seeing one, you may set up an Initial Health Enhancement Assessment with the front desk.

### Please carefully read and follow these instructions AFTER your treatment:

- It is recommended to take a slow return to normal activity. Perform minimal activity for the first 2 days after a treatment for that area of your body. After day 3, slowly go back to normal activities over one week. For Stem Cell treatment, we usually want the joint immobilized and non-weightbearing as much as possible for a week, and then offloaded with a brace for another two weeks.
- Start taking recommended regenerative supplements per the Doctor's recommendation. The following supplements are available at our front desk:
  - **Ligagenix:** Take 2 capsules two times a day or as directed by the Doctor.
  - **TB4-FRAG:** Take 1 capsule two times per day or as recommended by the Doctor.
  - **BPC-157:** Take 1 capsule two times a day or as directed by the Doctor.
  - **Rapid Rebound:** Take 1 capsule two times a day or as directed by the Doctor.
- Do NOT touch, press, rub, or manipulate the treated area(s) for at least 8 hours after your treatment.
- AVOID: Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agent(s), Gingko biloba, Garlic, Flax and Cod liver oil, Vitamin A&E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment.
- Remember: we are creating inflammation. If you experience discomfort or pain you may take Tylenol or other Acetaminophen products. You may apply ice if you wish to the injected area for 20-30 minutes after the procedure BUT we would prefer you use warm compress which are *not* anti-inflammatory.
- Do NOT wash or take a shower for at least 6 hours after your treatment.
- Do NOT use any lotions, creams, or make up for at least 6 hours after your treatment.
- AVOID: Vigorous exercise, sun and heat exposure for at least 3 days after your treatment.
- AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment.
- Smokers do not heal well and problems recur earlier and results may take longer.
- Maintain a healthy diet and drink at least 64 oz of water the day of the treatment (Fiji water is recommended due to its high content of Silica). Continue water intake the first week after.
- It is normal to experience: bruising, redness, itching, soreness, and swelling up to 3-10 days following your procedure.

I certify that I have been counseled in post-treatment instructions and have been given a copy of these instructions:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Please call our office at **(831) 425-9500** should you have any questions or concerns regarding your treatment or aftercare.

## POST-PROCEDURE DAY-BY-DAY:

## WEEK 1

### Day 1

- You are likely sore and stiff in the area that was treated. This is a normal response. Regenerative treatments are causing an inflammatory cascade as part of the body's own natural healing response. This is typically the most severe in the first 3-5 days after the procedure. If you do not have much pain or stiffness, that is okay, and does not mean you will have a lesser healing effect. Be sure to read the post-procedure instructions for management of pain, swelling, and stiffness. You can begin using heat today. You can shower as you normally would, but avoid submerging the treated area.

### Day 3

- Pain, swelling, and stiffness will start to decrease around this time. Continue heating area for pain management and improvement in healing. Except for Stem Cell where patient should be non-weight bearing for one week, offloading for next two weeks. If you were non-weight bearing you can begin to put some weight on the affected leg starting tomorrow. Put as much weight as you can tolerate keeping pain level at less than a 2/10. Each day you can put on more weight as you are able to tolerate it. If pain increased throughout the day, put less weight on the treated leg. Slowly increase weight over days 4-7. Most patients are no longer needing pain medication at this point. You may take acetaminophen (Tylenol) as needed for pain. Continue to avoid NSAIDs. It is recommended to do corrective exercise, if you don't already call to have one scheduled for 7-10 days after the treatment, this will help maximize healing and your return to activities.

### Day 7

- You should be back to most activities of daily living without increased pain. If you were on crutches you should be able to stop using them if you are able to put full weight on the treated leg without pain. If at this point, or over the next week, you continue to have excess swelling that is not decreasing over time, please make an appointment to see the Doctor. Prolonged swelling can decrease some of the healing response. First be sure you are not overdoing your activity, following proper bracing and post-procedure protocol, and taking recommended regenerative supplements. Between days 8-14 if receiving massage avoiding deep tissue on this area, lymphatic massage and dry needling by acupuncture are okay.

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## WEEK 4

- You are now one month out from your treatment and should be back to most activities besides high impact ones. You should be progressing through your corrective exercise program and doing your homework of home exercises to make the most of these visits.
- **For PRP:** If you have not already done so please make an appointment for a follow up between 6-8 weeks after your treatment with the Doctor. This is important to make sure you are progressing as would be expected. Also, to discuss if further treatments are needed and to schedule these in an optimal time window, around 3-4 months from your treatment.
- Around 7-8 weeks deep tissue massage and chiropractic manipulations on the treated area are okay.

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## WEEK 8

- **For Stem Cell:** If you have not already done so, please schedule a follow-up appointment within 10 weeks after your treatment with the Doctor. This is important to make sure you are progressing as would be expected. A booster PRP from week 4 to 8 may have been discussed prior to your stem cell treatment. If this is the case you can schedule this at any time. If this was not discussed, this will be part of your follow up visit discussion. Be sure to reassess the other areas of your treatment plan and be sure you are following proper post treatment protocol, taking recommended regenerative supplements, and progressing back into a regular safe exercise routine.

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## 3 MONTHS

- If you have not scheduled a follow-up appointment after your treatment, please be sure to do so. Around 3-4 months you should have a good idea of how well you have responded to the treatment that was done. You may continue to improve for another couple of months if you had PRP treatment, and up to one year after stem cell, but now is a good time to re-evaluate how you are doing. Many people need more than one treatment, so if you are not where you want to be, make sure you are seeing the Doctor to discuss further treatment options.