



Regenerative Procedures: Treatment Guidelines (PRP, Prolotherapy, BMAC, Platelet Lysate)

Before your procedure:

- **NSAID's:** These medications may blunt the effect of the treatment you receive. In general we recommend avoiding anti-inflammatory medications 24-48 hours prior to procedure. This includes Advil, Ibuprofen, Aleve, Naproxen, Celebrex (Celecoxib), Mobic (Meloxicam, and others).
- **Illness:** If you are sick or on antibiotics for a current/recent illness please contact the office ASAP prior to your procedure as you may need to be rescheduled.
- **Blood Thinners / Anticoagulants:** If you will be receiving an Epidural as part of your procedure and you are currently on blood thinners or anticoagulants, please contact CHARM and your prescribing physician for specific instructions and possible discontinuance prior to the procedure (includes NSAIDs, Aspirin, Brillinta, Coumadin, Warfarin, etc.).
- **Hydration:** Hydrating well (water, electrolytes) for 1-2 days prior to appointment will make the blood draw process easier. Men should drink an average of 8-12 cups of water/day, women at least 8 cups/day. Please avoid caffeinated beverages the day of the procedure as they are dehydrating.
- **Eating / Drinking:** It is fine and usually recommended that you eat something with protein prior to procedure appointment. This reduces likelihood of feeling light or faint for the blood draw and procedure.

After your procedure:

- **Pain Control:**
 - **Medications:** Try to avoid anti-inflammatory medications for a minimum of one week following the procedure to optimize results. If there are no contraindications Tylenol may be used over the counter and pain medications may be prescribed to reduce pain.
 - **Heat:** Application of heat to painful areas is recommended over cold as it dilates blood vessels and increases blood flow to the area which helps with the healing response.
- **What to Expect:** Inflammation and discomfort after the procedure is expected as part of the healing response and may include swelling, bruising, muscle spasms and soreness. Pain usually peaks the day of the procedure and slowly decreases over the following 3-5 days as part of the normal inflammatory process.
 - **Movement:** Patients are encouraged in general to continue to perform activities of daily living and move around in moderation as tolerated. This increases blood flow to the treated areas and reduces swelling.
 - **Restrictions:** Please do **NOT** swim or submerge in lake water, rivers, or hot tubs **for 1 week** after procedure.
- **Concerns:** If you are experiencing hot, red, swollen treatment areas and/or fever, chills, or have any concerns about whether a reaction is typical, please contact the office immediately.

Center for Healing And Regenerative Medicine

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