



## Post Treatment Guidelines

EXPECT POST-INJECTION SORENESS. **You may experience added stiffness, soreness, pain and discomfort in the area(s) you had treated for a few days or weeks following treatment.** Although some patients report no increase in pain, you may experience some increase in pain, or “flare-up,” especially during the first 24 hours after treatment. Our therapies stimulate healing by causing local inflammation, so soreness is a normal response, please do not panic.

PLEASE COORDINATE HAVING SOMEONE ELSE DRIVE YOU HOME FOLLOWING YOUR PROCEDURE. There may be some increased soreness following an injection that could inhibit your ability to drive safely.

DO NOT USE ANTI-INFLAMMATORY OR CHOLESTEROL-LOWERING (STATINS) MEDICATIONS OR ICE ON THE INJECTION SITE(S) FOR AT LEAST FOUR WEEKS AFTER TREATMENT. Medicines such as aspirin\*, ibuprofen, Naproxen, or Aleve (either oral or topical) including natural anti-inflammatories, like turmeric, and/or ice may limit the benefits of treatment. Statins (Crestor, Lipitor, Pravachol, and Zocor) should be avoided as they have been shown to be harmful to the healing cells used in our cell therapies. Topical creams should also be avoided for 4 weeks after treatment. **Corticosteroid injections should be avoided for 3 months after treatment.** You may use heat for 15 minutes at a time along with gentle stretching to relieve discomfort. Using acetaminophen, narcotic pain medicines, or muscle relaxants may also relieve pain without interfering with the effect of the treatment.

**\*Baby aspirin (81mg) for heart health is OK to use.**

IT IS CRITICAL TO REST TO ALLOW YOUR TISSUE TO HEAL. We recommend that you rest for a minimum of three days after treatment, which means minimal weight-bearing activity (minimize activities such as standing, walking, stair climbing etc.), this includes operating motor vehicles. After this time, we would like you to ease yourself back into normal activity of daily living as tolerated. Avoid heavy exercise or impact sports for the first 4-6 weeks after treatment. Physical activities such as walking, cycling, swimming and gentle stretches such as yoga are encouraged as tolerated after two weeks. The rehabilitative stretches and exercises you received should be started gradually, after two weeks, or as soon thereafter as you are comfortably able. A common setback is that people will feel better soon after the treatment then overdo it by deciding to catch up on all the manual work they need to do, such as yard work or housework.

BONE MARROW ASPIRATION - Keep the site covered and dry for 24 hours. You may remove bandage after 24 hours.

**VERY IMPORTANT!** Call the **CAPRI Clinic Emergency Contact number immediately (403-550-3447)** if you develop **severe pain, swelling or redness in a joint or aspiration site after injections.** This is most likely a gout flare-up and we can discuss with you how to proceed and talk to any doctors you may see. Infection can have similar symptoms, but is an extremely rare complication of these therapies. Infection requires prompt treatment if suspected. **In the unlikely event that you cannot get a response from the emergency contact number, proceed to the nearest hospital emergency room and share this sheet with the assessing doctor.**

BE PATIENT WITH THE HEALING PROCESS AND CURB UNREALISTIC EXPECTATIONS. Although some patients notice a reduction in pain within a few days after treatment, **most start to notice pain relief between 3-6 months.** Most often, maximal pain relief is not experienced until 6 months after treatment. Repeating the treatment may be necessary to optimize benefits, especially for old chronic injuries or advanced, “bone-on-bone” arthritis.

THINK POSITIVELY! WE ARE ROOTING FOR YOU! We are in this with you and want you to be out of pain and back in the game!

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