



Pre Treatment Guidelines

These guidelines are meant to help optimize your chance for a successful treatment. Please read them carefully.

1. **Do not have a corticosteroid injection within 3 months before or after treatment.** These injections will inhibit treatment success and we will not treat a patient who has had a cortisone injection within 2 months of their scheduled procedure. In the case that you have had a corticosteroid injection within the 2 months of your scheduled treatment please let us know as soon as possible so we can reschedule your procedure.
2. **Discontinue taking anti-inflammatories one-week prior to and 4 weeks following your treatment.** These medications have shown to adversely affect the healing cells used in our cell therapies and may inhibit your treatment. Anti-inflammatories include orally and topically administered medications such as Aspirin, Advil, Motrin, Aleve, and Voltaren. Please avoid taking natural anti-inflammatories such as turmeric or using ice as well. Other medications that treat pain, like Tylenol, Tramadol and other narcotics are permissible. **Baby aspirin for heart health is OK.**
3. **Please coordinate having someone else drive you home following the procedure.** There may be some increased soreness following an injection that could inhibit your ability to drive safely.
4. **On the day of your procedure, please shower and wear clean clothes.** This will reduce the risk of infection. You will be changed into our shorts, t-shirt, booties and a hair covering for the procedure to help prevent this as well.
5. Please do NOT wear any perfume, cologne, scented lotions, or scented hair products.
6. On the day of the procedure, we will proceed with your treatment only if it is safe to do so. If you show signs of infection (fever, chills, nausea) or if your blood pressure is too high we may need to reschedule your treatment. **If you have high blood pressure, please take your regularly scheduled medication before your procedure.**
7. Please eat a light meal before your procedure.
8. Have realistic expectations and be patient. A small percentage of our patients do not experience any relief from these treatments, however, the majority get a 50% reduction in pain or better. Our cell therapies encourage a natural healing process to take place. This takes time. Be patient. Although some experience relief within days, most won't notice a difference until 8-12 weeks following treatment. Maximal relief is usually experienced 6 months post-procedure.