



Post Treatment Guidelines

EXPECT POST-INJECTION SORENESS for 2-10 days following treatment. 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, soreness in a normal response.

DO NOT USE ANTI-INFLAMMATORY MEDICINES OR ICE on the injection sites for at least 2 weeks after treatment. Use of NSAID's (aspirin, ibuprofen, or naprosyn) oral or topical and/or ice inhibit the inflammatory process that we are intentionally triggering through this procedure and can negate the benefits of the treatment. Heat can be used in intervals of 15 minutes at a time, along with gentle stretching to relieve discomfort, or alternating hot and cold (3 minutes hot, 1 minute cold). Acetaminophen (Tylenol), narcotic pain medicines, or muscle relaxants may also be used to relieve pain without interfering with the effect of the treatment. **All natural supplements including natural anti-inflammatory supplements are OK to take.**

Alcohol: Dr. Adelson highly recommends abstaining from alcohol for **AT LEAST 6-8 weeks** post procedure for optimal benefits.

IT IS CRITICAL TO REST TO ALLOW YOUR TISSUE TO HEAL. For the first two weeks limit your activity: avoid repetitive motion, lifting items over 10 lbs, heavy exercise or impact sports.

For the first 2 weeks

For injections around the spine, be gentle and slow with movement, limit twisting, full extension and full flexion of the spine.

Short periods of walking, stationary bicycles are acceptable with no resistance or intensity.

For your peripheral joints (shoulders, elbows, wrists, fingers, thumbs, hips, knees, ankles, toes) range of motion exercises and gentle stretching such as yoga are encouraged as tolerated.

A common setback is that people will feel better soon after treatment and then overdo it by doing manual work, push getting back to an exercise routine, or lifting suitcases while traveling.

After 2 weeks

After the first two weeks we recommend a reintegration of exercise activity at a 25% increase in duration and intensity each week, most people find they can get back to their full activity level in 4-6 weeks after treatment (some people can accomplish this sooner, this recommendation is conservative, please use your best judgment as you reintegrate activity, don't push yourself).

You will receive area/procedure specific instructions on the day of your visit to our clinic.

PLEASE, PLEASE, PLEASE be careful with yourself, move mindfully and avoid falls by moving slowly. Your tissues are more vulnerable and may feel weak during the healing phase. You don't want to un-do all our good work.

Tissue Harvest sites:

Harvest site wound care: On the procedure day, we will schedule a follow up appointment for the following day to change the harvest site bandages and check in on you. If for some reason you prefer not to return for the bandage change, we will provide you with a bandage change kit complete with instructions so your caregiver, friend or family member can do the bandage change for you.

Keep site covered and dry for at least 2 days. **NO PUBLIC POOL OR HOT TUB FOR AT LEAST 10 DAYS.** You have one or more sutures in your back that can be **removed in 10 or so days.** Someone in your household can remove the



Post Treatment Guidelines

suture, we will provide you with a suture kit: clean the area with 70% alcohol, carefully snip the stitch with a scissor near the knot, using tweezers keep a hold of the knot and gently pull the material out, don't pull the knot through the skin. You can return to the clinic and we can remove the suture or you can visit any doctor to do this for you.

VERY IMPORTANT! CALL DR. ADELSON IMMEDIATELY at 435-604-0438 if you develop signs of infection such as redness, heat and swelling at site of injection or aspiration (if after hours, tell the answering service "it is an emergency" and they will page Dr. Adelson). Infection is an extremely rare complication, but requires prompt treatment if suspected. Infection responds very quickly to antibiotic therapy and is not serious if treated immediately. However, if left untreated, infection can very quickly become serious. In the unlikely event that you can't reach Dr. Adelson, proceed to the nearest hospital emergency room to rule out "septic joint". Please note, hospital emergency rooms have on-site laboratories that can diagnose infection in an hour or less, urgent care clinics don't have on-site labs, we don't have time to wait 2-3 days for results.

BE PATIENT WITH THE HEALING PROCESS AND CURB UNREALISTIC EXPECTATIONS. Although some patients notice a reduction in pain within a few days or few weeks after treatment, much more often, the regeneration of tissue takes about 3-4 months and continues for months afterwards. Repeating the treatment after 6 months to 1 year may be necessary to optimize benefits, especially for old chronic injuries or advanced "bone-on-bone" arthritis.

THINK POSITIVELY! WE'RE ROOTING FOR YOU! We are in this with you and want you to be out of pain!