



THE CENTER FOR MANUAL MEDICINE

&

REGENERATIVE ORTHOPEDICS

"We help you, help yourself"

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After Care for Regenerative Procedures

Mesenchymal Stem Cells, and Platelet Rich Plasma (PRP) starts a local inflammatory reaction that initiates healing. It is NORMAL to have pain and mild swelling at the injection site for a few days and occasionally for 1-2 weeks.

At times the post injection site pain can be uncomfortable. Tylenol and pain meds WITHOUT aspirin or NSAIDs may be used. Avoid Ice for the first 4 days, use heat if helpful. Do not take NSAIDs for 1 week before and 1 weeks after. Examples: aspirin, Ibuprofen, Naproxen, Alleve, Advil, Bayer, Mobic, Diclofenac, etc...

After care involves a period of rest that may include a walking boot, crutches, or sling. Physical Therapy is usually started for specific exercises to begin strengthening the tissue 2 to 3 weeks after procedure. Sports and heavy activity should be avoided for 6-12 weeks and guided by your Physical Therapy. Activity is gradually increased to help strengthen the tissue without re-injuring it. Activity that increases pain without recovery by the next day meant you are doing too much and you need to back off.

Week 1: Inflammation; rest, non or minimal weight bearing, minimal activity

Week 2-4: repair; start physical therapy

Week 4+: strengthen; gradually increase stress to strengthen ligaments and tendons

Continue to eat a well balanced, high protein diet and supplements. Now would be a good time to start on specific supplements to help your body's healing process.

Everyone heals at different rates. You may be feeling much better within a few weeks, or it may take up to 3 months to feel the effects. Sometimes injections are repeated to achieve best results.

INFECTION SIGNS:

After the first two days, If you experience a fever, increased swelling, warmth or redness at injection site, or pain call us as soon as possible, and seek same day treatment. If our office is closed use the local emergency room.

Your care is important to us and we want you to be comfortable about your procedure. Please call if you have any questions or concerns. (785) 271-8100