

## Docere Clinics - Post Treatment Guidelines

EXPECT POST-INJECTION SORENESS for 2-10 days 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.

DO NOT USE ANTI-INFLAMMATORY MEDICINES OR ICE on the injection sites for at least two weeks after the treatment (it is OK to use ice on the lipoaspiration site). Medicines such as aspirin, ibuprofen or Naprosyn (either oral or topical) and/or ice stop the inflammatory process that we are intentionally triggering and thus can negate the benefits of treatment. You may use heat for 15 minutes at a time along with gentle stretching to relieve discomfort, or alternating hot and cold (3 minutes hot, one minute cold). Using acetaminophen (Tylenol), narcotic pain medicines, or muscle relaxants may also relieve pain without interfering with the effect of the treatment. All natural supplements including natural anti-inflammatory supplements are OK to take.

IT IS CRITICAL TO REST TO ALLOW YOUR TISSUE TO HEAL. For the first week limit activity to 50% normal, and the second week, 75% normal. Avoid repetitive motion, heavy exercise or impact sports for the first week after treatment. Walking, stationary bicycle, and gentle stretches such as yoga are encouraged as tolerated. A common setback is that people will feel better soon after the treatment and then overdo it by deciding to catch up on all the manual work they need to do, such as yard work or housework.

PLEASE, PLEASE, PLEASE, as a favor to us, be VERY CAREFUL not to fall down the stairs or slip on the ice during the healing phase. You don't want you to un-do all our good work. A common injury we see among the 65+ crowds is being pushed or pulled over by a playful, large dog. Please be careful.

\_\_\_BONE MARROW ASPIRATION Keep the site covered and dry for two days. NO PUBLIC POOL OR HOT TUB FOR AT LEAST TWO DAYS. Please be aware that you have one or more sutures in your back that will need to be removed in five or so days. You can return to us to have it removed. You can have someone in your household clean the area with 70% alcohol, CAREFULLY snip the stitch with a scissor, and remove the material (please let us know if you would like a 'kit'). You can also visit any doctor to do this for you.

\_\_\_FAT ASPIRATION Keep the site covered and dry for two days. NO PUBLIC POOL OR HOT TUB FOR AT LEAST TEN DAYS. This site does NOT have sutures and it is normal for it to drain a little for a day or two. You can return to us to have us change the dressing in 24 hours, or else we will provide you with a change of dressing you can have some do 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 the site of an 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 of these therapies 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 cannot 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 do not have on-site labs and we don't have time to wait two or three 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 after treatment, much more often, the regeneration of tissue takes about 4-6 weeks 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.

PATIENT REFERRALS ARE APPRECIATED. For every new patient you refer to us, we will extend a 10% discount to you on your next treatment. Send us five people, and your next treatment is 50% off. Ten, and it's on us! Tell them to give us your name and we will keep track of it in your chart.

THINK POSITIVELY! WE'RE 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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Patient Signature of Acknowledgement of Post Treatment Guidelines

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Date

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Staff Acknowledgement of Explanation of Post Treatment Guidelines

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Date