



REGENERATIVE THERAPY PROGRAM

Thank you for your interest in our Regenerative Therapy Program.

We are proud to offer the purest and most effective form of stem cell factors available on the market today.

Our laboratory is in strict compliance with all the FDA's guidelines and continues to work closely with them to insure both the quality and the purity of the product.

This is a complete, professional concierge service for your treatment. Treatment can be performed at our office or in the privacy of your own home at no extra charge.

An extra charge will be assessed for treatments required to be performed in a medical clinic.

RECOMMENDED PROTOCOL

We have completed an in-depth evaluation of all your information (lab work, imaging, case history) and any other pertinent information.

Based on your goals and desired outcome, we have come up with the following recommended treatment protocols.

- Total # of treatments: ___
- Total # of cc's needed for all treatments: ___

1st Treatment

___	cc	I.V. (Intravenous)
___	cc	I.A. (Interarticular)
___	cc	I.M. (Intermuscular)
___	cc	I.N. (intranasal)

Total cc for 1st treatment: ___

2nd Treatment

___	cc	I.V. (Intravenous)
___	cc	I.A. (Interarticular)
___	cc	I.M. (Intermuscular)
___	cc	I.N. (intranasal)

Total cc for 2nd treatment: ___

3rd Treatment

___	cc	I.V. (Intravenous)
___	cc	I.A. (Interarticular)
___	cc	I.M. (Intermuscular)
___	cc	I.N. (intranasal)

Total cc for 3rd treatment: ___

4th Treatment

—	cc	I.V. (Intravenous)
—	cc	I.A. (Interarticular)
—	cc	I.M. (Intermuscular)
—	cc	I.N. (intranasal)

Total cc for 4th treatment —

Total # of cc's: _____

Cost per cc: _____
(A ___% charge is added to credit cards)

Total # of procedures _____

Cost of per treatment for in Clinic procedures _____

Total for all treatments _____

Once payment is received, we will place your order for the amount of product needed and you will be contacted to set up dates, time and location for your treatments.

- Note: only products and treatment that have been paid for can be ordered and scheduled in advance.

It is **not** mandatory to pay for all treatments up front but **highly encouraged** to ensure tech availability at treatment times and to lower the risk of delays to product availability due to regulatory lab inspections.



REGENERATIVE CELL THERAPY

PRE & POST TREATMENT GUIDELINES

BEFORE YOUR PROCEDURE

- Patients should discontinue use of all medications listed below. This includes anti-inflammatories, blood thinners and other medication as outline.
- There are no restrictions with food or drink before procedure.
- Try to schedule yourself 2 or 3 days of rest after your procedure.
- Inform our office of any medical allergies.
- General anesthesia is not used during these procedures. We will use local cooling spray to numb the injection site.
- If you have any questions or concerns about your procedure, call your provider.

MEDICATION LIST TO BE DISCONTINUED BEFORE STEM CELL THERAPY

Discuss with your primary care doctor before stopping any medications.

ANTI-INFLAMMATORIES

These medications should be discontinued a minimum of 48 hours prior to your procedure.

NSAID'S (including: Advil, Motrin, Aleve, Voltaren, Mobic, Celebrex)

- ASPIRIN
- STEROIDS
- In the presence of these medications, stem cells do not flourish, which is why we recommend discontinuing the use of these medication 48 hours before your procedure and continuing to stay off these medication 4-6 weeks after your procedure.

MEDICATION LIST TO BE DISCONTINUED BEFORE STEM CELL THERAPY (cont.)

Do not discontinue use of these medications unless your primary care doctor approves.

- Osteoporosis Medications – Bisphosphonates
- Reflux (GERD) Medications – Proton Pump Inhibitors such as Prilosec, Prevacid, Zegerid, Protonix, Nexium, and AcipHex.

AFTER YOUR PROCEDURE

- Pain relief will not be immediate. You should expect to feel relief anywhere from 2-4 weeks to a few months after the procedure depending on where the injection was given.
- Everyday activities are OK after the procedure, but exercise limits are listed below.
- You should expect to have some discomfort after the procedure. Not all patients experience pain, but those who do have pain can expect it to lessen after 3-4 days.
- Ice can be used as often as needed after the first 24-48 hours; however, it is not recommended that you use heat on the procedure area until after 3-4 days as it can increase pain.
- Tylenol (acetaminophen) and prescription pain medications may be used for any discomfort, but NSAID's are not recommended for at least 4 weeks.

Days after Regenerative Procedure	Medications	Limits	Activity Recommendations
0-3	<ul style="list-style-type: none"> * Avoid all NSAID's * Aspirin and pain medications as prescribed by your physician is OK * Medications listed on the discontinue page should not be taken 	<ul style="list-style-type: none"> * No heat on injection site, use ice as much as needed for pain * Using a brace is recommended 	<ul style="list-style-type: none"> * Rest as much as possible * Day to day activities OK * No excessive exercise of or weight training * No deep tissue massage
4 days - 2 weeks	<ul style="list-style-type: none"> * Avoid all NSAID's * Aspirin and pain medications as prescribed by your physician is OK * Medications listed on the discontinue page should not be taken 	<ul style="list-style-type: none"> * No heat on injection site, use ice as much as needed for pain * Heat is allowed 	<ul style="list-style-type: none"> * Day to day activities OK * Range of motion stretching OK * No excessive exercise of * No deep tissue massage
4 days - 2 weeks	<ul style="list-style-type: none"> * Avoid all NSAID's * Aspirin and pain medications as prescribed by your physician is OK * Medications listed 	<ul style="list-style-type: none"> * No restrictions 	<ul style="list-style-type: none"> * Weight training with low weight acceptable * Trigger point massage OK * Light aerobic exercise

	on the discontinue page should not be taken		
4 weeks	* Medications can be taken as needed, no restrictions	* Follow up with doctor to see if another injection is necessary	* May resume normal exercise activities.